

Traveling with Toddlers on Planes

May 18, 2022

By Cheryl L. Hepfer

Here are nine tips for traveling with Toddlers in today's world:

1. Be prepared for dirty objects that find their way to your toddler. Bring along plenty of sanitizing wipes and keep them within easy reach.
2. Pack at least two extra outfits as, sometimes, one is just not enough.
3. Ask every flight attendant and gate agent you see if the flight is full. If not, ask if they can move people around so that your family gets a coveted free middle seat.
4. Always carry a small medical kit with you – should include travel-size essentials – Band-Aids, Neosporin, Tylenol, Benadryl, and keep it in your carry-on for easy access. There may be some in the plane's medical kit, but who knows for sure!
5. Take loads of snacks in small containers or ziplock bags. Choose a variety to keep the little one satisfied – fruit, vegetables, pouches, biscuits, crackers, cheese nibbles, etc. There may be delays, and the stuff you can buy at the airport is expensive!
6. Take a large scarf that you can wrap around the little one. Sometimes feeling snug as a bug helps them unwind and relax.
7. Changes in air pressure can be very difficult for little ones, so take pacifiers and empty bottles that you can refill with water or juice supplied by the airlines to help them a bit.
8. Stretch your legs and walk up and down the aisle. It really helps change the scenery for the little ones, and you may actually get some smiles and fist-bumps from adult passengers on the aisle.
9. If you are traveling with another adult, send them on first to get some overhead compartment space for your carry-on, and then wait until the last minute to board with your child. It may seem insignificant, but those extra 10 minutes before boarding are treasured moments.