



# THE MILLETTE METHOD™

Sleep Solutions That Meet The Needs Of The Family

## HAVE BABY, WILL TRAVEL

### General tips for traveling with a young child (baby/toddler)

- If you will be using a travel crib, the week or two before your trip practice setting up the travel crib and napping your child in the travel crib.
- Good travel crib brands: Baby B'jorn™, Lotus Travel Crib™, or Graco Pack 'n Play®. Be sure to check limits on age/height as well as airline restrictions for size/weight of travel crib.
- Check out the baby rental gear company, Baby's Away®. They rent items such as play yards, highchairs, cribs, pack and plays, and bouncy chairs and will deliver and set up in most major cities.  
[www.babysaway.com](http://www.babysaway.com).
- Always bring your child's sleep sack, lovey, snuggly sleep items, pajamas, blankie, and bedtime books. You may want to pack these in your carry on, in case you anticipate weather delays or cancelled flights.
- Think about packing a food bag with your child's favorite foods, snacks, and meals.
  - **Formula, juice, and breastmilk in carry-on luggage:** The Transportation Security Administration (TSA) requests informing the TSA officer at the beginning of the screening process if you are carrying these items in excess of 3.4 oz. It is recommended these items be stored separately from the liquids/gels/aerosols that are limited to 3.4 oz., as it will make inspection easier. Formula, juice, and breastmilk do not need to be stored in a quart-sized re-sealable bag, and can be in quantities greater than 3.4 oz. View current TSA regulations: [www.tsa.gov/travel/special-procedures/traveling-children](http://www.tsa.gov/travel/special-procedures/traveling-children).
- Try to schedule a flight or long drive during your child's naptime. Or, for a cross-country or international flight, schedule the flight for their bedtime.
- When flying, plan to offer the breast, bottle, pacifier, or sippy cup to your toddler during takeoff and landing. This will help to equalize the pressure in the middle ear which can cause a lot of pain for little ones since they can't "pop" their ears like we can.
- While "lap babies" (ages 2 and under) fly for free on domestic flights, the FAA recommends that babies under 40 pounds be secured in Child Restraint System, such as certain car seats, while on airplanes. Most airlines have special rates for infants so check with your airline ahead of time. Not all car seats are approved for use in airplanes so check your car seat, and with your airline, beforehand. View current regulations: [www.faa.gov/travelers/fly\\_children/](http://www.faa.gov/travelers/fly_children/).
- If you book an extra seat, you will be able to bring your car seat on the flight and install it on that seat. Or, you can use an FAA approved Child Harness Device (CARES) for children weighing between 22 and 44 pounds. The CARES is an alternative to using a hardbacked car seat and is only approved for use on aircraft.
- If you decide not to purchase a seat for your child, and want to try for an open seat, avoid the busiest days and times to increase your chances. Remember, an open seat is not guaranteed, and not all airlines may allow you to use an empty seat for your child. If traveling with a baby, plan on bringing a sling or baby carrier. However, baby carriers and slings are not approved by the FAA during takeoff and landing so be prepared to have a flight attendant ask you to remove baby or unhook a strap from the carrier.



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- Be prepared with the proper identification to verify that your “lap baby” is less than two years of age. Appropriate ID includes: passport or birth certificate, and some domestic flights will accept your child’s health insurance card.
- If flying, take advantage of pre-boarding or family boarding. Check with your airline to find out specifics. Also, try to fly nonstop flights when possible since it will mean less travel time.
- If flying, you can check your child’s car seat and stroller at the gate. Check with your specific airline to find out about getting a gate check ticket before the flight.
- Most importantly, give yourself a lot of time for packing, getting to the airport or driving to your destination. That way you will be prepared in case your toddler has a messy diaper, or your baby is in a growth spurt and is hungrier than usual.

### **Traveling sleep tips for babies 0 to 4 months:**

- Most newborns don’t have a sleep schedule and will sleep every few hours. For this reason, flying with a newborn may be a lot easier than flying with an active toddler.
- Since newborns are not eating solids, you can easily breastfeed or offer a bottle of pumped breastmilk or formula. A quick tip for heating a bottle on the plane is to pour hot water into a clean barf bag.
- If you are concerned about breastfeeding in public, be sure to get a window seat or use a blanket or a stylish “hooter hider” from Bebe Au Lait™ on the plane for more privacy.
- While on your trip, sleep and feed baby on demand/as needed.
- If you are a breastfeeding mom, be sure to keep hydrated since dehydration can affect milk supply.
- Most importantly, be sure to speak with your baby’s doctor about traveling with a baby under 4 months and if necessary, speak with your baby’s doctor about necessary vaccinations pre-trip.

### **Traveling sleep tips for babies 4 to 12 months:**

- If needed, bring a sound machine. Curious and social babies four months or older may have more trouble sleeping if there are a lot of interesting new sounds.
- Babies may have a more consistent sleep feed schedule starting around 36 months so when possible, try to plan feed and sleep times around travel times.
- If you are planning on making sleep changes or using sleep training, try not to do it right before departing for a trip. It is better to give your baby 12 weeks or more before the trip. Or, after returning from a trip you may need to delay sleep training to adjust for time zone differences.
- Take into consideration your baby’s separation anxiety, which can begin as early as 6 months old. If your baby is particularly clingy in a new environment, spend more time snuggling. Plan on rocking, holding, and feeding to sleep to help your baby feel more secure. You can always fix new habits when you return from your trip.
- When possible, aim for 60 to 70% of the naps to happen in the travel crib (i.e. non-movement naps). The rest of the naps (30 to 40%) can be flexible or movement naps. That way you ensure that your baby continues to have restful nap times.
- Movement milestones, developmental phases, and growth spurts don’t stop because you are traveling. Count on your baby cutting teeth, learning to crawl or walk, or being hungry during a trip



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and adjust your response. Without fail, babies seem to undergo some of their biggest changes while traveling. Be prepared to make adjustments to sleeping, feeding, and schedule as needed.

### Traveling sleep tips for toddlers:

- Talk to your child about travel day and what to expect. Explain to your child ahead of time about the safety of sitting in the seat during the flight. Talk to your child about the place where you will be going including visits with special family or friends.
- Bring your child's favorite toys or books (think easy and portable) and consider purchasing one new toy or book(s) for the flight.
- If your child is newly potty trained and you will be taking a long driving trip, pack along a portable potty such as My Carry Potty™.
- Some toddlers may not do well with new surroundings and may resist going to sleep or may be scared by new surroundings and faces. Try to help your toddler get used to a new sleep space by spending time together in the new room before bedtime.
- Try spending an additional 10 to 15 minutes with your child at bedtime the first few nights. This will mean that you start bedtime a little earlier than you normally would at home.
- If you have not been bedsharing at home but find yourself bedsharing with an anxious or scared toddler while traveling, on the first night home from your trip, plan on moving your child back to their bed.

### Time Zone Considerations:

- **If traveling west to east, and staying for five days or fewer: keep your child on the same time zone.** This is called "vacation time" and looks like this: For a trip from California to New York, put your child to bed at 10 pm Eastern (7 pm Pacific). Your child will sleep later in the morning 9 am Eastern (6 am Pacific). You may need to darken the room since the morning light may wake up your child early. One great tip is to travel with black trash bags and packing tape. You can hang the trash bags in the windows to darken up the room.
- **If traveling west to east, and staying more than five days: move your child's body clock to the new time zone.** Your child's body clock (circadian rhythms) will naturally adjust on its own from the sunlight, and you don't have to make this adjustment before the trip.
- **If traveling east to west, it may be more difficult since your child will naturally want to wake up earlier.** The first full day in your new destination, try your best to stretch out your child's naps and push out bedtime. Do this each day you are there, and after a few days your child will be adjusted.
- When you return from your trip, on your first night home, do your same bedtime routine and try to help your child adjust back to their regular bedtime. **The time it takes for your child to adjust back to their natural clock and schedule depends upon the length of your trip and the total number of time zones traveled.** For most children, it takes approximately three days to adjust.

### Best Travel Tip for Families:

- If possible, schedule a few relaxing and restful vacation days in between busy, activity packed vacation days. This is especially helpful after a busy travel day and right before a busy travel day. Remember to enjoy the time together and making of memories.