

## Flying with children part one

If you are taking your children travelling with you and this involves flying and you are not a confident flyer - then your greatest challenge on your holiday is not to show your children that you are afraid!

Easier said, than done! Children will always take their lead from their parents, after all, we teach them the most things in life. Children will pick up on your fear, so it is very important that you do not show them your concerns. **Courses to help combat the fear of flying**.....[click here for more details](#)

First of all try and sort out **your** worries about the journey. If it is health worries, read the editorial on this website called '[Overcoming Travel Associated Fears through Good Pre-travel Planning](#)' and visit the website [www.travelhealth.co.uk](http://www.travelhealth.co.uk) - a very good website with some practical ideas about healthy travelling. There is also an interesting page on Hypnosis in the [editorial section](#) and if you feel this is the route for you then contact a register of Therapists to find one in your area on [www.nrhp.co.uk](http://www.nrhp.co.uk).

When you have done all your planning, reading and confidence building for yourself - then **GO SHOPPING!!** Try and approach the holiday event with the children, as a happy and exciting occasion, buy some new clothes, toys and whatever you need for the holiday.

Then comes the important bit - buy some special new games, toys, books, whatever your child enjoys and **keep them only for the journey** (also try and keep some back, for the return journey!)

On the longer journeys, a good idea is to book one seat away from the family, so that one parent can entertain the children whilst the other parent can rest.

To give yourself distraction from the fact that you are flying, get involved deeply with your children's games and projects on the journey. This will give your children a feeling of stability, normality and they will enjoy your attention to them. This involvement will also keep you fully occupied!

There is also the recommended products on the right side of this page for that extra bit of confidence.

If your children are 'baby' age or have not yet arrived, this is a very useful link to the Baby Centre [www.babycentre.co.uk/baby/travel/](http://www.babycentre.co.uk/baby/travel/) also a very cute and useful site for your babies first flight is: [www.babies1stflight.com](http://www.babies1stflight.com)

Hopefully, the above notes will give you a little bit of help that you can build on, towards flying with children.

Travel toys, holiday games & accessories  
An extensive travel accessories range, designed to enhance your holiday. Travel toys, games, puzzles and holiday gadgets selected for fun holidays. [www.kit2fit.com](http://www.kit2fit.com)

An excellent site to visit with information on many items from, the right type of plane seats for families, to providing a sticker book on the country you are visiting for your children to create on the journey.  
[www.travelwithyourkids.com](http://www.travelwithyourkids.com)

'52 Fun Things to do on The Plane' by Lynn Gordon.

Can be purchased from [www.amazon.co.uk](http://www.amazon.co.uk)

'Best Ever Travel Activity Book' by Rand McNally.

Can be purchased from [www.amazon.co.uk](http://www.amazon.co.uk)

Come Fly High with Violet - book!

She is an adventurous girl who loves to fly in different airplanes around the world. She does encounter a little bad weather but with her knowledge of what to do in a rain storm in Canada, a mistral wind in France or an oceanic rescue in Hawaii she is ready!

Violet loves to show children of all ages about the countries and people of the world. How would a Hot Air Balloon fly with no engine or wings?

*In today's world it is difficult and nearly non-existent for young passengers to see the inside of the cockpits in commercial planes. However, with the Violet the Pilot Series one will see inside the airplanes, learn the proper terminology of the cockpit and have lots of fun adventures with different children, animals and musical instruments.* [www.amazon.co.uk](http://www.amazon.co.uk)

Come fly High with Violet the Pilot! Her website is [www.violethepilot.com](http://www.violethepilot.com) or by calling the author who is a female commercial pilot, mom to two small children, new triathlete and now a new publisher with her series.

From every book sold \$1.00 will be given to the Heart and Stroke Foundation. Since 2004 over \$800.00 has been raised by this self-published author. Her number in Canada is 1-403-284-1418.

Children can write Violet at [violethepilot@shaw.ca](mailto:violethepilot@shaw.ca) and ask her specific questions about airplanes and any problems they have with flying in one.

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As travelling with a baby or young child is potentially an anxious time for parents Annie Jones, a former travel consultant and mother was inspired to launch a unique website [www.travellingwithchildren.co.uk](http://www.travellingwithchildren.co.uk) which offers strategies solutions and shopping for successful family travel home or away.

### **Packing Tips**

Car sunshades and child view mirror – easily forgotten when parking the car or if someone is giving you a lift to the airport – but you'll wish you had them if you're hiring a car at your destination.

Because of inevitable delays always pack more than you think you'll need of essentials like nappies, baby wipes, formula and nappy rash cream (unfamiliar food and heat may trigger more rash than normal). To help prevent children's skin drying out due to dehydration during flying take moisturiser, lip balm and a water spritzer which keeps children amused and all your faces feeling supple and looking good.

Towels – only take these bulky and weighty items if you are sure your holiday accommodation does not provide them. Always pack toiletries in a zip-up plastic bag; the pressure on aircraft pops lids off with alarming regularity.

Nail clippers – nails grow much faster in warmer climates, long nails increase the damage caused by scratching insect bites so keep them short.

Your child's prescription medicine – to avoid custom delays always carry medicines in their original packaging.

### **Medical Kit**

Paracetamol Syrup e.g. calpol, it is called Acetaminophen or Tylenol in North America. Ready measured sachets are the best option.

Digital thermometer – a low reading thermometer may be useful if going to cold climates, forehead ones are not so accurate in hot climates and clinical thermometers containing mercury cannot officially be carried on aircraft.

Oral Rehydration Salts ORS e.g. Dioralyte, a water bottle of the right volume to make up ORS. A small amount of cotton wool and ten cotton buds. Natural Sun Cream. Deet Free Insect Repellent which ever make you choose, test for sensitivity before you travel. Pointed tweezers not eyebrow tweezers. Non-stick dressings and micropore tape. Children's fun plasters. Sterile, pre-packed steri-strips, are very useful for cuts and breaks in the skin that need to be held together in order to heal, and hence avoid the possibility of stitches.

Travel/motion sickness cures – use whichever preventative measure before the journey begins, once a child feels sick, they're of little help. Travelwell tapes are the ideal travel sickness prevention product for children or adults.

Homeopathic Camomilla Teething granules are meant for babies but are also useful for calming older children. If you use homeopathic products do not put these in your hold luggage as the security X rays used on your bags will destroy their healing properties. Essential oil of lavender, a natural antibiotic, antiseptic, anti-depressant, sedative and detoxifier which promotes healing and prevents scarring. Baby and children's sunglasses to protect little eyes against sun damage which is thought to speed cataract formation and degeneration of the retina.

It may seem a bit over the top but the time your child falls seriously ill is the time you're least prepared to think calmly. It's far easier to refer to a list, already prepared, so you can communicate vital information to a doctor, nurse, paramedic, insurance company or consulate.

A security device for securing luggage/pushchairs etc whilst you're asleep on an overnight train, delayed at an airport etc., to lock your luggage into an un-steal able heap.

Baby monitor – replace old batteries before you go; protect your monitor from being damaged by using stiff card to protect the antenna and then bubble wrap both units together.

A few clothes pegs in case you need to black out a room with too much light or secure curtain cords out of harm's way.

Pack a new innovation travel bed for 0 to 3 year olds and leave that bulky travel cot at home, with self-inflating mattress it can be used inside or out, weighs just 2.4 kilos and packs down to only 40cm x 16cm

Disposable sterilising bags, pack some in each suitcase, - avoids the horror of discovering the bag with the travel steam steriliser in is the one the airlines lost!