Hello!

Wow, you all came through AGAIN, thank you! When I ask, you deliver! (And check the bottom of this email for a PS for another good source for outerwear for kids!). Let me pull together all of the awesome tips for travel that I received…

Activities:

Before you board (or heck, even before a long car ride…) Even if it exhausts you, RUN around at the airport and exhaust your child. Makes them happy to sit a while.

Bring activities that your child hasn’t seen or done before. Or pull favorite things a few days before departure and then pull them out on the trip. Parse out activities slowly, over time…let your child really have time to explore and play with what you bring out.

Here are some specific thoughts on things to bring…

[BunMo Pop Tubes Sensory Toys](https://www.amazon.com/dp/B07MBW6JNL?ref=ppx_pop_mob_ap_share)

[Melissa & Doug Water Wow!](https://www.amazon.com/dp/B01N4984OL?ref=ppx_pop_mob_ap_share)  (I’ve seen these…so cool and not messy…and reusable! Brilliant!) x2 recommended!

A 4x6 photo album with pictures of your child’s favorite people and pets. <3

Mini Books/small board books

[Push Bubble Its Pop Fidget Toy](https://www.amazon.com/dp/B08X1WJMFH/ref=cm_sw_r_cp_api_glt_fabc_2JTDZC8RYTHP3DM231SN) (it cracks me up that Amazon puts this in office supplies…) Also x2 recommended!

Wallet with zippers

Magnet activity book

Stickers (I recommend reusable ones!)

Window seats for the kiddos…lots of things to talk about!

Headphones for the flight map for entertainment instead of movies or tv. Older children can also play games.

This is untested, but sounds promising… pipe cleaners and cheerios are an excellent plane “toy.” And they can also snack on them as they fit them onto the pipe cleaner!

But outside of that, I’ve found that despite what toys I bring, empty water bottles, chip bags, and pretty much anything that’s not a toy ends up being interesting. As long as it’s safe, I let my child play with it.

Snacks! Snacks! Snacks! (A must!):

For each flight I pack an actual meal in a [bento box](https://www.amazon.com/dp/B08CVV9RBT/ref=cm_sw_r_cp_apip_16HgAxuMXCeiu) with things that are enjoyable cold, and use this bento box. It has a removable ice tray, so you can pop that in the freezer before travel, then insert it under the food and it will keep things cold and safe to eat. I also do an [insulated lunch box](https://www.amazon.com/dp/B07DKK64K1/ref=cm_sw_r_cp_apip_SrrbVt17yxfAE), which I fill with things like yogurt squeezies… and I got [these cute ice bricks](https://www.amazon.com/dp/B08FNYXNQD/ref=cm_sw_r_cp_apip_bYDYqkMzTFJxO) for the lunch box.

On top of that I bring snacks like fruit squeezie packs that don’t need to be refrigerated until open, and puffs.

I really watch the clock and make sure she still hits her 3 meals and 2 snacks a day. A satisfied belly means a happy baby!!

I also travel with a few gallon sized zip lock bags for trash, etc.

Sleep

On the plane…

Keep an eye on nap time. Not every child will sleep on a plane trip, but offer…you might walk with them, or even consider bringing a light swaddle blanket to drape over the head/eyes (be careful to leave space for nose/mouth) …it works like a mini blackout blind!

Speaking of blackout blinds, [these](https://www.amazon.com/dp/B071YVLK63?ref=ppx_pop_mob_ap_share) are absolute life savers!

And we do pack our sound machine as well.

For toddlers and up, not taking naps or taking shorter naps in the stroller while traveling internationally helps with jetlag (i.e. sleep better at night).

If they are sleeping in a new place make sure to spend time in that room during the day, even letting them get into the travel crib to play. Bring a sheet that they’ve slept with a few nights so it smells like they’re used to. Bring other things that brings them comfort at night from home.

Airline Tips

TSA Precheck!

Bonus…use a baby carrier with no metal can go through security without having to remove your baby from the carrier. (Bonus Bonus…with TSA precheck you don’t have to remove your shoes)

Extra space seats if available/accessible

Bulkhead seating, again if available/accessible

Board last. It’s easier for them to sit still on a plane that is moving than one that is sitting still while everyone is boarding and getting settled.

Don’t introduce walking up and down the aisle unless you want to do that for the whole flight.

[Jet-kids](https://www.amazon.com/dp/B07JGGVGTM/ref=redir_mobile_desktop?_encoding=UTF8&aaxitk=5a478380e7b2fef7d2af49b1d21283c1&hsa_cr_id=5635084960601&pd_rd_plhdr=t&pd_rd_r=3dee6fe8-ec71-420d-9006-6d2ceec186b3&pd_rd_w=fqD2I&pd_rd_wg=DiiBE&ref_=sbx_be_s_sparkle_mcd_asin_0_title) is a genius invention. It’s a smaller suitcase - a carry on with room for toys and books that basically that turns into a seat extender so that the coach seat turns into a bed for naps and snuggles.

Some parents have also loved [inflatable seat extenders](https://www.amazon.com/dp/B07JGGVGTM/ref=redir_mobile_desktop?_encoding=UTF8&aaxitk=5a478380e7b2fef7d2af49b1d21283c1&hsa_cr_id=5635084960601&pd_rd_plhdr=t&pd_rd_r=3dee6fe8-ec71-420d-9006-6d2ceec186b3&pd_rd_w=fqD2I&pd_rd_wg=DiiBE&ref_=sbx_be_s_sparkle_mcd_asin_0_title).

We bring our car seat in this [travel car seat bag](https://www.amazon.com/dp/B0009RNXNA/ref=cm_sw_r_cp_apip_I4ztrHRw5jdan) and check it (which is free) and you can throw a bunch of extra stuff in there, like your big winter coats etc so you have more room on the plane.

Last, and most importantly…

Lower your expectations because no matter what tips and tricks and plans you have, there is a chance it won’t go well. And when that happens just be with your child. On the plane, in the car, in the middle of the night etc.

I hope this list is helpful, and if you think of more to add, let me know and I will include them with the Friday RIE Win or at a later date…like I’m going to do with the outerwear in the PS of this email!

Take care,

Melani

Don’t know why I didn’t think of Primary before. They are incredible. So many colors. Puffer vests, jackets, snow suits etc. And a great, affordable price:

Primary Cozy Shop baby:

<https://www.primary.com/collections/baby-cozy>

Primary Cozy Shop kids:

<https://www.primary.com/collections/kids-cozy>

[Cute, affordable rain boots](https://www.amazon.com/dp/B07348SDV4/ref=cm_sw_r_cp_api_glt_fabc_NA457AQPN4PQWZBHDPFY) that come in lots of colors:

[Affordable Classic style rain coat](https://www.amazon.com/dp/B07P6XL27Z/ref=cm_sw_r_cp_api_glt_fabc_ND57Q4H02X81F0P7ABAN)