

Flying With Baby The Solo Traveller Guide



Flying With Baby: The Solo Traveller's Guide

by Susie Kearley

★★★★★ 5 out of 5

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Packing for Your Trip

Packing for a trip with a baby can be a challenge, but it's important to be prepared. Here are a few tips to help you get started:

- **Pack light.** You don't want to be lugging around a heavy suitcase, especially if you're flying solo.
- **Pack smart.** Make sure to pack all of your baby's essentials, but don't overpack. You can always buy things you need at your destination.
- **Bring a diaper bag.** A diaper bag will help you keep all of your baby's essentials organized and within reach.
- **Pack a change of clothes for both you and your baby.** Accidents happen, so it's always a good idea to have a backup outfit on hand.
- **Bring some snacks and drinks for both you and your baby.** This will help you stay fueled during your travels.
- **Bring a few toys to keep your baby entertained.** This will help keep your baby occupied during the flight.

Feeding Your Baby on the Plane

Feeding your baby on the plane can be a challenge, but it's important to make sure your baby gets enough to eat. Here are a few tips to help you:

- **Breastfeed your baby if possible.** Breastfeeding is the best way to feed your baby on the plane, as it's easy and convenient.
- **If you're not breastfeeding, bring formula or pumped milk.** Make sure to bring enough formula or milk for the entire flight, plus some extra in case of delays.
- **Bring a bottle and a sippy cup.** This will help you feed your baby both formula and milk.

- **Bring a bib and a burp cloth.** This will help keep your baby clean and comfortable while eating.
- **Feed your baby during takeoff and landing.** This will help prevent your baby's ears from popping.

Helping Your Baby Sleep on the Plane

Getting your baby to sleep on the plane can be a challenge, but it's important to try to get your baby as much rest as possible. Here are a few tips to help you:

- **Create a comfortable sleep environment.** This means dimming the lights, turning off the TV, and creating a quiet space for your baby to sleep.
- **Swaddle your baby.** Swaddling can help your baby feel secure and comfortable, which can help them fall asleep.
- **Rock your baby to sleep.** Rocking can help soothe your baby and help them fall asleep.
- **Sing to your baby.** Singing can help calm your baby and help them fall asleep.
- **Use a pacifier.** A pacifier can help soothe your baby and help them fall asleep.

Keeping Your Baby Entertained on the Plane

Keeping your baby entertained on the plane can be a challenge, but it's important to keep your baby occupied. Here are a few tips to help you:

- **Bring a variety of toys.** This will help keep your baby interested and entertained.
- **Play games with your baby.** This can help keep your baby engaged and entertained.
- **Read to your baby.** This can help keep your baby calm and entertained.
- **Sing to your baby.** This can help soothe your baby and help them fall asleep.
- **Use a tablet or smartphone to entertain your baby.** This can help keep your baby occupied, but be sure to limit your baby's screen time.

Tips for Flying with a Baby Solo

Here are a few tips to help you make your solo flight with a baby as smooth as possible:



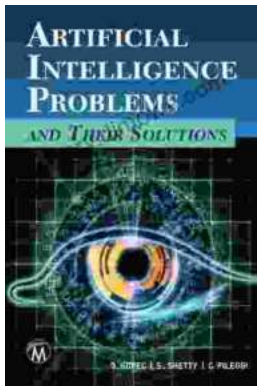
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