What to Know When Traveling with Children

Traveling with children can add a special dimension to your next trip. Planning ahead ensures a safe experience for everyone. Follow these suggestions to make your next trip with children safe and enjoyable:

- Bring medications
  Include a first aid kit, antibacterial wipes and hand sanitizer. Pack remedies for common ailments.

- Consult your pediatrician
  Confirm that air travel is safe within two weeks of a child's ear infection, surgery or illness. Ensure that immunizations are current.

- Carry legal documentation
  Bring necessary paperwork to allow travel if you are not the child's legal guardian.

- Bring water and snacks
  Pack extra in case you are delayed or lost.

- Provide contact information
  Keep identification and contact numbers with children. Practice what to do if they get separated from you.

- Use a locator device
  Attach a small locator to your child's belt or shoe. Keep the transmitter to help locate them if they wander off.

- Ensure car safety
  Infants and young children should be correctly secured in a car seat. Older children should ride in 'booster seats' until able to safely wear your car's seatbelt. Children under 13 should ride in a rear seat.

- Never leave children alone
  Adult supervision is vital. Inside car temperatures can reach extreme levels in minutes. Keep children close while swimming or near water.

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- Take extra time
  Slow down to orient yourself in unfamiliar areas. Allow for rest and breaks to avoid exhaustion and confusion.

- Bring distractions
  Load a mobile device with apps to keep children happily engaged. Bring small toys or games to occupy younger children.

- Use online resources
  Visit: www.aap.org for information from the American Academy of Pediatric website. Visit: www.tsa.gov for tips from the Transportation Security Administration.

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