



Most airlines offer special discounts when booking a seat for children under 2. Children under the age of 2 years travel free on most airlines, but this means that they may have to sit on your lap if the plane is full. When you make your reservations, try to avoid a full flight. (Babies must be at least 7 days old to fly on any airline.)

- * There are FAA-approved car seats. Check on this when purchasing your car seat. It is best to let the airline know ahead of time that you will bring a car seat.
- * A car seat is generally not counted as a carry-on item as long as your child is sitting in it. If you stow it in the overhead because your child is sitting on your lap, it is counted as a carry-on.
- * If possible, reserve a bulkhead seat (just behind the bulkhead that separates coach and first class), because it has the most room. Ask the airline if they have bassinets that attach to the bulkhead wall.
- * Give yourself plenty of time. Get to the airport and check in early so that you can get the baby settled before others board the plane.
- * If you are traveling by yourself, get a portable stroller. You can generally fold it up and take it on board with you.
- * If you have to change planes, be sure to allow extra time for the connection.
- * For takeoff and landing, don't place the seat belt around the baby. Put the seat belt just around you and hold your baby on your lap or in a front carrier.
- * Your baby's ears may plug up or hurt during takeoff or landing due to the change in cabin air pressure. You can help keep your baby's ears clear by nursing or feeding when the plane is climbing and descending. Swallowing helps equalize the air pressure.
- * Diapering can be a hassle on the plane. Try to double-diaper or use ultraabsorbent disposable diapers just before you board the plane, and then change in the airport bathroom after the flight arrives. (If you do change diapers on the plane and are using disposable diapers, you can use an airsickness bag to dispose of them.)
- * The flight attendants can warm food and bottles for you. Be sure to also bring small snacks your baby can nibble on and play with (such as Cheerios or bagels).
- * Because you have to carry a lot of equipment when you travel with a baby, it is easiest to let other passengers deplane before you.
- * Car rental agencies generally have infant seats available with their cars. Reserve the infant seat when you reserve the car. Call ahead to the local agency where you will pick up the car to confirm that the car seat is available.