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10 tips
when travelling with your little
one for the first time

Holidays are meant to start the moment you leave your home, but it can be a bit different when you are travelling with kids. From ensuring you have everything packed to managing more bags than you have hands, taking young kids on holidays can be a bit hectic, especially if it is their first time.

But it doesn't have to be all bad!

In order to enjoy the experience, take note of these ten tips:

1. Take your time

Give yourself plenty of time to get to where you want to go – running to catch a train last minute is not an option when you have kids.

2. Book your transport ahead of time

Book bus/train tickets and taxis before you leave your house – you don't want to be left standing on the side of the curb with a restless child.

3. Pack a well-stocked first aid kit

Put together a small first aid kit that you can pop in your handbag for ease of access. Fill it with plasters and antiseptic ointment and anything else you think you might need – just remember you can't bring any liquids over 100ml onto an airplane.

4. Bring plenty of baby wipes

Perfect for wiping sticky hands and faces, highchairs and dirty arm rests – they can even help to cool kids down when they're too hot.

5. Be creative

Stop food spilling over in the car by giving your little one small baskets lined with parchment paper to use as plates.

6. Bring your own water bottle

Don't spend a fortune buying your little one water from the shop - bring your own!

7. Set ground rules

Whether it's staying beside you at all times, being in charge of certain things or simply not running off, make sure your little one is well aware of any ground rules before you leave.

8. Let them explore

Allow them to settle their curiosity by letting them explore the airport or ferry; if this is their first time flying they will be very curious as to where food is prepared or where the toilets are.

9. Don't nag them

Try not to spend the whole flight nagging your kids to sit down, stay still or be quiet - this won't make for a very pleasant trip for anyone involved. Unless they are in the way or annoying another passenger, let them be.

10. Answer their questions

Chatting to you about the plane, boat or destination can help relive fears that they are experiencing.



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M N I S B S E S J J F D P H X
A I E J R K Y L U B W J V G R
L K K S D I N F L M Z O W N T
L U F R U O L O C O M J L I S
R B L P I T H G W M R E P M H
X U E H R A U T O V V T R M I
H V S A E I L T T O S T S I R
U A V Y P I H O L I D A Y W T
F E J I B E F H B O W X T S O
L E M U R Z G I G F C J N F X
V T W C O L L E H A L G S A J
B R A Y E D L B A I Q K K Z N
F R Q P A Z B U Q B E J A R J
E B N U K Y C P Q O M Y F B O

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