

# HOT TIPS FOR TRAVELLING WITH KIDS

At House of Travel we recognise that while family holidays produce fantastic memories, travelling with children isn't always easy. To help make it as easy as possible we have put together some tips and advice, many of them which have been passed on to us by our customers over the years.

## YOUR HOUSE OF TRAVEL CONSULTANT WILL BE ABLE TO HELP YOU WITH

- What visas you and your children may need to enter various countries
- What type of aircraft you are travelling on. The bigger the plane, the more space you will have
- Minimising transit times – children do get fidgety sitting at an airport between flights
- Whether the airline club you belong to allows access for children, and if it does, how many guests you are allowed
- Where possible, completing departure and arrival documentation before you leave home
- Whether your airline allows pre allocated seating. If yes, try to get seats near toilets. Often near the rear of the plane is good as you are out of the way of the drinks and food trolleys
- How you are going to transfer from the airport to your hotel and back – best to organise this in advance, especially when travelling with children. The less time you have waiting around, the more relaxed the holiday will be
- Pre-booking a bassinette on the plane, car seats if you are getting a rental car and/or a portacot at your hotel – some properties provide these free of charge
- Ordering children's meals if they want them. Even if you have purchased a child's ticket, it doesn't happen automatically
- What you get and don't get on various airlines, e.g. there are no longer children's meals on trans-Tasman or South Pacific flights – food and drinks must be purchased on the "no frills" airlines

## PACKING TIPS

- Take a backpack as hand luggage – this allows you to keep your arms free when boarding and disembarking the plane
- Consider two backpacks if two adults are travelling: one with practical items such as nappies, wipes, clothing and food, the other with entertainment such as puzzles, toys, books, colouring books and crayons – makes it much easier to locate items in a hurry
- Small children always need a couple of extra sets of clean clothes
- Pack plastic bags for wet or dirty clothes
- Perfumed plastic bags (buy from supermarkets) are brilliant for smelly dirty nappies. Out of courtesy to other travellers don't put dirty nappies in the rubbish bins in the toilet. Cabin crew will dispose of them if they are wrapped up in a sealed bag
- Wet wipes have a multitude of uses
- Carry any medicines in original packaging and a first aid kit in your hand luggage for emergencies – but make sure it doesn't include scissors or tweezers
- Take plenty of nappies. Pull-ups are so much easier than battling lying your child down to change them – remember space is confined in toilets on planes
- Entertainment/activity items



## TALK TO YOUR GP

- Medication for coughs, colds and sore ears – they always appear on holiday!
- Something in case your child has trouble sleeping. In addition to conventional medicine, there are natural herbal supplements which can be purchased at pharmacies
- What vaccinations are needed for the countries you intend to visit?
- What you should take in a basic first aid kit?
- Karvol is a menthol decongestant purchased in capsules. Cut the end off and squeeze the liquid onto a handkerchief: your child can sniff this to keep their nose and ears unblocked. It's available at all chemists

## AT THE AIRPORT

Before you leave, in transit or when you arrive...

- Walk around as much as you can as you will be sitting for a long time once you get on the plane
- While airlines offer for people with children to board first – it may be better to wait until as late as possible. That extra time walking or running around in the airport can make take-off time less stressful and help your child settle faster
  - Some airports have a playground: ask at the information counter or use a map to assist
  - Keep an eye out for customs counters designated for people with children. Not all airports have them but ask as they do save time
  - Don't be afraid to ask for assistance, especially if you are travelling alone with children. Cabin crew and airport officials are generally very helpful
  - A child restraint is a great way to allow your child to stretch their legs through airports, while you have peace of mind that they are safe
  - Think about buying a small stroller that folds down; this allows you to wheel your child around in it at the airport and right onto the plane if you get one small enough to fit down the aisle

## TAKEOFF & LANDING SAFETY

- Children often get ear ache on takeoff and landing. Get them to practise holding their noses and blowing gently to relieve air pressure
- Give your baby or toddler a drink or breast feed them during this time; older children can suck a sweet or chew gum as swallowing helps keep ears unblocked
- If your child uses a dummy give it to them during takeoff and landing
- Ask the attendant for two plastic drinking cups and place them over your child's ears – it helps with the pressure and works a treat in preventing ear ache if you are travelling alone with children. Cabin crew and airport officials are generally very helpful
- If the flight isn't too busy some airlines will allow you to take up a whole row as a family, giving you an extra seat or two: you need to ask about this when you check in



# ON THE FLIGHT

## “WHAT CAN I DO NOW?”

- Many airlines have in-seat entertainment screens in the back of each seat
- Child’s packs are provided by some airlines. Remember often the packs are the same for all ages so don’t rely on these to be suitable or hold a child’s interest for long periods of time
- Magnetic games are perfect – less likely to lose the pieces
- Wooden puzzles – make sure you declare them though
- Doodle boards
- Reading and activity books
- Take an exercise book so they can keep a diary of their holiday
- Take a map (or use the airline one) and ask older children to plot the trip on the map
- MP3/CD players with talking booktapes or CDs plus lots of batteries
- Finger puppets
- Stacker cups
- Favourite doll or teddy
- Wrap small parcels of toys, games, or snacks separately – children love unwrapping things
- House of Travel Kid’s Packs

## “I’M HUNGRY...”

- There are no microwaves on planes so stewards need time to heat up bottles – if you want one for takeoff ask them well in advance
- While you are on holiday the tendency is to relax: keep sugar drinks and sweet food to a minimum – they keep children awake and active
- Check if the airline you are flying with provides food
- Take plenty of snack food – children often don’t want to eat when the meals come but are always hungry an hour later. Remember: don’t take the snacks into other countries – it could cost you dearly!
- Take an extra bottle of drinking water – easy for quick drinks if attendants are busy
- Pour any airline drinks into a sipper bottle for your child to drink from – helps to avoid spillages

## “NIGHT, NIGHT, SLEEP TIGHT”

- Flights departing at night assist children in wanting to sleep
- Book short haul flights that fit in with your child’s normal sleep patterns in New Zealand – taking into account the time differences
- Change your toddler into sleep wear to help them with their normal routine and signify to them that it’s time for sleeping
- Pack your child’s favourite blanket and/or pillow – familiarity helps them to sleep



## HOUSE OF TRAVEL KID’S PACKS

At House of Travel one size doesn’t fit all. Recognising that kids also come in all shapes and sizes and are at different ages and stages, we have designed ‘fun packs’ to keep children entertained and quiet for hours!

Packs are designed exclusively for House of Travel customers aged 0-3 for both boys and girls and a separate pack for boys and girls for each of the following age groups: 4-6, 7-9 and 10 years and up.

So let your holiday begin as soon as you step onto that plane. These packs were made for children and designed by parents so talk to your House of Travel consultant about these now.



## AT YOUR DESTINATION

- If your child is old enough, give them their own backpack to carry a drink, some food and anything else they might need. Attach a whistle to the backpack, only to be used if they get lost. A great help in shopping malls and at theme parks
- Get your children to wear distinctive or colourful sunhats – it makes it much easier to keep an eye on them and spot them from a distance
- If you are travelling within the United States or Europe consider booking trains instead of coaches where possible. They allow your child to move around, children are less likely to get travel sick and are far more comfortable
- Depending on the time zone you may need to allow for power naps for your child so they can keep going and adjust to the new time zone quickly

If there is anything House of Travel can do to assist you please contact us. We are here to make sure you ALL have a fantastic holiday and that includes the flights.

## DID YOU KNOW?

- Everyone requires a passport to travel internationally, regardless of how young they are.
- You can enrol your child in a frequent flier programme once they turn two years old.
- If your child travels as an infant it is expected they will travel on your lap whenever seated. If you want them to have a seat of their own you'll need to pay a child fare. There is no expectation for the airline to provide food for your infant so you need to organise extra food in addition to snacks.

YOUR HOUSE OF TRAVEL OUTLET