



**July e-newsletter, 2009**

**Topic: Travel & Vacationing**

The lazy days of summer are finally upon us! To celebrate National Recreation Month and the busy summer travel season, this month's newsletter is dedicated to vacationing. We will discuss how to travel during your pregnancy, as well as share tips for making travel with your baby in tow a breeze.

Enjoy!

Nurse Wendy

### **Traveling While Pregnant**

I am often asked "Is it safe to travel during pregnancy?" As long as your pregnancy is free from complications, it is generally safe to travel during pregnancy. The best time for you to schedule a trip would be during your second trimester. At that point most women are past the morning sickness and fatigue of the first trimester and are still weeks away from the third trimester which may make it harder for a pregnant mommy to sit still comfortably for long periods of time.

If traveling by car, bus or train, there may be some things to consider that will make your trip a bit more comfortable. For example, try to limit the amount of time you will be sitting in one spot. Also, ideally you should limit your trips to 5-6 hours. If your plans are for a longer trip, look into breaking it up into smaller trips over multiple days. Finally, take advantage of each rest stop to take short walks and do stretches. This will keep your blood circulating and help keep swelling to a minimum.

If taking to the "friendly skies", remember that most airlines allow pregnant women to travel through their eighth month and into their ninth month with permission from their care provider. Also, it is ideal to fly on major airlines with pressurized cabins, avoiding smaller private planes. If you must fly on a smaller plane, avoid altitudes over 7,000 feet. Also, it is wise to choose an aisle seat which will allow you to get up more easily, while also giving you some added space to stretch your legs. Also, don't forget hydration! It is very easy to get dehydrated with the hustle and bustle of a trip, so make certain you are drinking plenty of water and limiting your caffeine intake.

If a cruise is on your itinerary, remember that the motion of the ocean can intensify any feelings of morning sickness or nausea. Seasickness bands can be a helpful remedy, or check with your care provider for motion sickness medications approved for use during pregnancy. Also, you



will want to check with your cruise line to ensure that there is a health care provider on board in case a complication develops.

If your vacation plans include foreign soil, there are some additional concerns you need to take into consideration. Depending on your destination, you will want to discuss specific safety factors as well as immunizations that may be necessary to protect you and your growing baby with your healthcare provider. Make certain to carry copies of your health records with you while you are traveling in case you require medical attention. Additionally, be certain to drink plenty of bottled water, or use canned juices and soft drinks as an alternative. Make sure any milk you drink is pasteurized. Also, avoid fresh fruits and vegetables unless they have been cooked. And make certain that all meats and fish have been cooked completely—always error on the side of caution!

In general, take the following steps to ensure that you are comfortable and can enjoy your trip to the fullest:

- Dress comfortably—in loose cotton clothing and wear comfortable and supportive shoes.
- Take your favorite pillow.
- Plan for plenty of rest stops, restroom breaks and stretches.
- Always wear sunscreen and reapply often.
- Carry snack foods and water bottles with you.
- Get plenty of sleep/rest.
- Always wear your seat belt and take all other safety measures.

### **Traveling with Baby**

Even if you are a seasoned traveler, you will have an entirely new insight on your trips with a baby in tow! What once was a leisurely trip can now become a three ring circus of entertaining, feeding and quieting your little angel. However, always remember the cardinal rule for traveling with kiddos...create a home away from home whenever and wherever possible. If you are willing to do a bit of research and planning, you can ensure a fun family vacation that can provide great memories and relaxation for all!

While planning your trip, do your research! Spending a little extra time on the phone or on the internet can produce excellent results. There are websites (check out our resources section) with reviews for family friendly and baby safe hotels and resorts, as well as advice for traveling with a little one. Ask your airline, cruise line, or train representative how crowded your trip is and if you can have special consideration or upgrades since you will be traveling with your child (or children). If renting a car, ask for a minivan or other kid-friendly vehicle with plenty of storage space for a stroller and baby equipment. It never hurts to ask, as asking can pay off with huge dividends!

When packing your bags, keep in mind a few little tips that can make life on the go a whole lot simpler.

- Use a backpack as a diaper bag/carry-on, it keeps your hands free to look after baby.
- Pack 2-3 changes of clothes in the carry-on, just in case luggage is lost or delayed.
- Bring a sling or baby carrier, it gives baby a safe place to hang out and take in the sites and leaves you hands free.
- Bring plenty of kid friendly snacks—especially in the event that you experience delays.
- Pack some disposable feeding supplies (bibs, sippy cups, utensils and bottles) so you don't have to carry dirty and used items in your bag.
- Bring along a few Ziploc bags—great for the messes that are bound to happen.
- Don't forget your "pack n play", hotel cribs might not meet safety standards (The distance between the crib slats must be no more than 2 3/8 inches. And to keep an infant from accidentally falling out, the drop sides must be at least 9 inches above the mattress support when lowered. When raised, the top of the drop side must be at least 26 inches above the support at its lowest position).
- Rent! Many popular travel destinations have companies that rent a wide variety of baby furniture, toys and supplies. For example, rent a full-sized crib, high chair, indoor toys, outdoor toys, backpack carrier, etc.! A simple Google search or call to your final destination might yield the perfect rental company.
- Make sure to bring anything your child is particularly attached to (stuffed animal, blanket, and pacifier). These items provide your child with a sense of security and a taste of home.



Many new parents dread travel. Let's face it; no one wants to be "that parent"...the one everyone glares at because their child screamed for the entire flight!!! However, timing is everything. Try to time your flight, train ride or car trip during a typical sleep time for your child. Leaving in the evening can help ensure a quiet ride for all. Another bonus is that most red-eye flights are less crowded leaving you more room for all your baby gear. It is also advisable to bring along a couple of new and interesting toys in case your baby wants a little play time. Your child will typically be more enamored and spend a longer time playing with something new and different.

If your plans have you flying, most airlines allow a child less than 2 years of age to fly for free as long as they can sit in your lap. If your child will have his own seat, make certain you bring your car safety seat as well. This will provide extra protection for your child in the event of turbulence. Most airlines will allow parents to board early in order to provide you time to install your car seat and get settled. Remember that your car seat must be FAA approved (check the sticker on the side of your seat) and can only be placed in the window seat on most major airlines. Another note on car seats, never check your car seat! Experience has taught me that baggage handlers can be pretty tough on them. Many times they end up with cracks and damage that can render your safety seat unusable. Another helpful idea is to gate check your stroller. Even the lightest baby can feel heavy after a long day of navigating through airports. Gate checking your stroller allows you to leave it right at the gate when you board the plane and ensures it will be waiting for you when you exit the plane at your destination. Just be sure to get a "gate tag" for your stroller at the gate counter before you board!

Once you arrive at your destination, it is important to create your own "home away from home". Giving your child a taste of home will help him/her settle in quickly and will give you more time to enjoy your trip. Additionally, you will want to make certain your temporary home provides the same safety your child enjoys at home. Bring basic safety supplies like outlet covers and toilet lid locks so your child can explore in a safe and secure environment.

With a little extra planning, you are sure to have a great vacation with memories to last a lifetime! Be sure to take lots of pictures and ENJOY! Join us next month when we celebrate National Breastfeeding Month by discussing all aspects of a successful breastfeeding relationship, from preparation during pregnancy all the way through weaning.

Until then...be well,

Nurse Wendy



## QUESTIONS?

Email me at: [AskNurseWendy@PacifiCord.com](mailto:AskNurseWendy@PacifiCord.com)

## RESOURCES:

<http://www.octraveltykes.com> – Rent it, try it or buy it. Vacationing in the OC? Rent from OC Travel Tykes! Not sure if a particular stroller is for you—try it out by renting it from OC Travel Tykes! Love it and want to buy it?—buy it from OC Travel Tykes!

[www.babiestravellite.com](http://www.babiestravellite.com) – Baby products specially designed with the traveler in mind.

[www.travelbabees.com](http://www.travelbabees.com) – Rentals of baby equipment in popular travel destinations.

[www.babysafetravel.com](http://www.babysafetravel.com) – Reviews and online booking service for family friendly and baby friendly hotels as well as travel products and tips for safe travel.

## EVENTS:

### July Events-

In addition to our Irvine headquarters, PacifiCord started offering Free Prenatal Classes in both Sherman Oaks and Santa Monica in July! For additional information, including our class schedule for these locations, please visit our website at [www.pacificord.com](http://www.pacificord.com)!

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