

# Travelling with toddlers

Given the amount of accessories you need, preparing to travel with your mini-me can feel daunting. Here are some ways to journey like a pro when you've got a toddler in tow.

- ✧ Try to break up the journey into chunks of activities to keep boredom at bay.
- ✧ Pack a bag of tricks such as a sticker book, favourite toys and some crayons and paper.
- ✧ Audiobooks are great in the car. Pick a classic the whole family will enjoy with a great narrator. It might even lull your mini-me to sleep!
- ✧ Have a little walk down the plane or train aisle if you can.
- ✧ Short bursts of screen time on a tablet can give you a break during long journeys.
- ✧ Pack toddler-appropriate headphones too or you'll have the whole plane singing along to Postman Pat.
- ✧ Bring healthy snacks to minimise boredom and hunger.
- ✧ Pack bibs and travel spoons, bowls and beakers.
- ✧ If you're staying away overnight aim for a home-away-from-home feeling. Pack their favourite cuddly toy, comforter, a soft blanket that squishes down for easy packing and a teeny toddler pillow.
- ✧ Remember their dummy (if using one) as dummies can also help to relieve pressure on little ears during take-off and landing).
- ✧ Consider bringing a portable kids bed for weekend visits or when you want your toddler in the same room as you.
- ✧ Don't forget a stocked baby bag with nappies (one for every hour you'll be travelling, to be safe), nappy sacks, baby wipes, travel changing mat, tube of nappy rash cream and spare clothes.