



That's the upside of travel with a baby.

The downside can be sheer chaos.

Topsy-turvy schedules, missed naps, busy airports, flights, new time zones, staying in new places... all that can throw your baby's sleep for a real loop. And might even have you wondering why you thought it was a good idea to travel with a baby in the first place.

But don't worry – it *is* a good idea to travel with your baby! Here's why:

- Your baby is born in a time like no other in history – with the advent of modern travel, your tiny little baby can be in a different part of the world in a few hours, and back home in a few more! No other babies in history have gotten to see the world in this way
- Travel is enriching for you, as a family. It's important to fill your cup with family visits, vacations and new experiences. This keeps your tank full and helps you be the best parent you can be for your baby. No one parents well when they're locked in a house with their baby 24/7. Getting out, having a change of scenery and experiencing new things is wonderful for you and your baby.
- Babies learn flexibility and adaptability from travel. The world doesn't revolve around your baby, and this is a great time for him to learn that. Of course, our job as parents is to meet our babies needs and care for them, but sometimes in life, our needs don't get met the moment we need them to. That's a natural part of life. Your baby will learn important life lessons on trips, like how to be more flexible if a nap gets skipped or bedtime gets pushed off. Your baby will learn how to get back on schedule when he falls off and how to

make do unfamiliar sleep surroundings. These are opportunities that don't present themselves often at home and are a dime a dozen on the most basic trip. The lessons and skills your baby will learn on this trip are just as valuable as the trip itself.

With the help of this guide, you'll go into your trip feeling armed and prepared. You'll know what to expect, how to handle unexpected events (because believe me, they will come!) and how to get your baby back on track when you get home.

I want you to enjoy your trip with your baby. Having a baby shouldn't stop you from traveling. With the right preparation and proper mindset, you can have a wonderful trip.

BEFORE YOU TRAVEL

An ounce of prevention

I'm going to bring something up that you probably haven't considered. Having your baby on a steady, predictable schedule *before* you travel is going to go a long way towards making your trip – and your return- smoother.

The more consistent things are at home before you travel, the more your baby will have a baseline to refer to while you're away on your trip. If your schedule is helter-skelter before you travel, he'll be even more thrown off in the chaos of your trip. Having a familiar schedule will be a lighthouse for your baby when he's lost at sea in the ocean of travel-craziness.

Before you leave for your trip, spend some time making sure your baby is on a really clear, consistent schedule.