

Traveling with Children

Handout

Presented by:
Kelly Collins, MA



Sponsored by NIH Child Care Board & Office of Research Services/ Division of
Amenities and Transportation Services.

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Who, What, Why, When, Where and How

Plan, Plan, Plan!

- **Who** is going?
- **What** are their interests?
- **Why** are you going?
- **When** is the best time to go
- **Where** are we going?
- **How** are we traveling?

Involving the Children

Chose programs that are diverse for all ages and all participants and Involve children in the planning process

- Gives them a sense of control
- Validates them as important participants
- Gives them a way to connect with the task
- Gives them a sense of belonging
- Shows them that their opinions matter
- Teaches them responsibility over choices
- They learn about things that are relevant or interesting to them

The Big Picture

When Planning start with the frame first:

- Where to – country, city
- How to get there – method of transportation
- Where staying – hotel, private
- Length of stay
- How many people

Travel Agencies: yes or no?

Self Planning	Travel Agency
No agency fees	Simplify, organize and coordinate the planning process
You're putting a lot of trust in someone else.	More experience with the quality of various accommodations and their recommendations may be based on their own experiences.
More freedom to plan	Make sure you're set to get from here to there everywhere in between
More responsibility over the choices	Know which documents you'll need for travel.

Entertainment while getting there

- Snacks
- Toys
- Books
- Books on CD
- Activity Pads
- Ipad, Ipad
- First Aid Supplies

Prepare your Child

- Act parts of the trip out
- Talk about what will happen
 - especially any parts that might be scary or disorienting
- Read stories or show videos that demonstrate what will happen
- Clearly describe what behavior you expect

Responding to Tantrums

- Be consistent
- Plan ahead
- Encourage your child to use words
- Let your child make choices
- Praise good behavior
- Use distraction
- Avoid situations likely to trigger tantrums

Babies and Toddlers

- Talk about the trip only a day ahead
- Tell your child exactly what will happen
- On the day of travel, remember to keep narrating what is happening and what will happen next
- Picture books are a great help for this age
- Toys that relate to the travel

Preschoolers

- Act it out
- Book: "Airport" by Byron Barton; "Little Airport Sticker Book" , "Train Station Sticker Activity Book"
- Give your child a small bag and ask them to pack a few important items. Let your child carry the bag or hold it on their lap

School Age

- Tell them about the destination
- Books or online pages that show pictures
- Leave room for discovery
- Let their interest level guide you.
- Involve them in the packing and preparation.
- Give them a packing list, and let them select some of their own clothing
- Travel journal and/or a camera may
- Share all the details about how you'll get there.

Car Travel Tips

Before:

- Best time to travel: morning, afternoon or evening?
- Stock your car with snacks and entertainment
- For overnights: pack one small bag, with something for everybody (so you don't have to bring in a big bag for each person)
- Take the camera to create memories of the trip
- Keep the car de-cluttered for safety

Car Travel Tips

During:

- Try to keep car travel to a 6 to 8 hour range of time
- Get postcards from every major destination along the way
- Take breaks for every 2 hours of driving
- Picnics
- Playrooms at fast food restaurant to burn off some energy
- Playgrounds at schools or parks
- Bring Potties

International Travel Tips

- Passports
- Other documents
- Visas
- Insurance cards
- Travel insurances (luggage, reservations, health...)
- Weather
- Communication abroad

Plane seats for children

- No requirement from airlines to buy tickets for children under 2 years of age, but they also don't guarantee a free seat.
- Ticket discount for children under age 2
- The safest way for a child to travel is secured in a car seat strapped into the airline seat
- For children that weigh up to 40 lbs

Screening at the Airport

TSA screens everyone, regardless of age, before they can go through the security checkpoint in order to ensure the security of all travelers

- X-Ray – carry on baggage
- Walk through metal Detector
- Advanced Imaging technology (AIT)

Prohibited Items

- Sharp Objects / Tools
- Sporting Goods
- Guns & Firearms
- Martial Arts & Self Defense Items
- Explosive & Flammable Materials, Disabling Chemicals & Other Dangerous Items
- More details:
<http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm>

Carry-Ons



**Traveling With Formula, Breast Milk,
and Juice**

- Permitted:
 - Breast milk, formula or juice in quantities greater than three ounces
 - Empty bottles and ice packs are permitted.
 - Gel or liquid-filled teethingers, canned, jarred, or processed baby food

**Traveling With Formula, Breast Milk,
and Juice (continued)**

- You or your child will not be asked to test or taste breast milk, formula, or juice
- You may be asked to open the container during the screening process
- Separate these items from the liquids, gels, and aerosols in your and zip-top bag

**Traveling With Formula, Breast Milk,
and Juice (continued)**

- Declare you have the items to the Security Officers at the security checkpoint
- Try to travel with only as much formula, breast milk, or juice needed for the trip
- Liquids and gels, baby formula, breast milk, or juice, may be packed in your checked luggage
- After clearing security, you can bring beverages and other items purchased in the secure boarding area on-board aircraft

International Travel - Children with Special Needs

- Inform the Security Officer of any special needs or medical devices.
- Offer suggestions on how to best do the screening to minimize stress
- You might be separated from your child.
- If private screening is required, you should escort and remain with your child during the process.
- You are responsible for removing your child from his/her equipment if needed

What if My Child Gets Sick

Before:

- Get rest and plenty of fluids before the trip to prevent sickness
- Pack: antibacterial hand wipes (bacteria in the plane is not in the air, but on the surfaces)

3 most common health problems when traveling

- Jet lag
- Altitude sickness
- Diarrhea

First Aid

- Take with you over-the-counter:
 - pain medication
 - diarrhea medication
 - allergy medication
- On an airplane to relieve children's pressure in the ears:
 - Breastfeed, lollipops, bottle, pacifier

Where to Find Help

- 24 hour hospital/insurance nurse line
- Electronic medical file: Google health
- Domestic/Canada:
 - American Academy of Pediatrics: www.aap.org
- International:
 - International Association for Medical Assistance to Travelers: www.lamat.org
- US embassy at the destination

Rental Car and Car Seats

- Bring your own
- Rent it from the Rental car agency
- Rent it from private organizations
 - (i.e. “Baby’s away”)
 - Make sure they meet the safety standards

Financial Considerations

Before:

General:

- Estate planning
- Plan a budget for the trip
- Life Insurance
- Credit card insurance
- Decide if you want to use credit or debit cards or cash
- Communications (internet, phone, skype,...)

International

- Buy foreign currency
- Check international usage of credit or debit card and se inform the banking institutions of the places you will use the cards

After:

- Match the planed budget with the actual expenses

Travel Stress

- Expectations:
 - About airlines efficiency
 - Accommodations and staff
 - How family members should think, feel and behave
 - Weather
 - Service in restaurants or stores
- Meltdowns

Resources:

- Transport Security Administration:
 - <http://www.tsa.gov/travelers/airtravel/children/index.shtm>
 - <http://www.travelwithyourkids.com/> - by parents for parents
- Federal Aviation Administration: www.faa.gov
- <http://sproutsenroute.com/category/involve-your-kids/>- Blog
- <http://www.videojug.com/interview/planning-your-family-vacation>
- US Department of State: www.travel.state.gov
- Embassy websites for international travel

Thank You

- Please take a moment to complete the evaluation form provided, your input is appreciated



Make Your Trip Better Using 3-1-1

TSA and our security partners conducted extensive explosives testing since August 10, 2006 and determined that liquids, aerosols and gels, in limited quantities, are safe to bring aboard an aircraft. The one bag limit per traveler limits the total amount each traveler can bring. Consolidating the bottles into one bag and X-raying them separately from the carry-on bag enables security officers to quickly clear the items.

3-1-1 for carry-ons = 3.4 ounce (100ml) bottle or less (by volume) ; 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring. 3.4 ounce (100ml) container size is a security measure.

Be prepared. Each time TSA searches a carry-on it slows down the line. Practicing 3-1-1 will ensure a faster and easier checkpoint experience.

3-1-1 is for short trips. If in doubt, put your liquids in checked luggage.

Declare larger liquids. Medications, baby formula and food, and breast milk are allowed in reasonable quantities exceeding three ounces and are not required to be in the zip-top bag. Declare these items for inspection at the checkpoint. Officers may need to open these items to conduct additional screening.

Source: Transportation Security Administration <http://www.tsa.gov/311>

Important Information on Traveling With Formula, Breast Milk, and Juice



TSA has modified the rules associated with carrying breast milk through security checkpoints. Breast milk is in the same category as liquid medication and mothers parents flying with, and without, their child are permitted to bring breast milk in quantities greater than three ounces as long as it is declared for inspection at the security checkpoint. Additionally, empty bottles and ice packs are permitted under these conditions.

When carrying formula, breast milk, or juice through the checkpoint, they will be inspected, however, you or your infant or toddler will not be asked to test or taste breast milk, formula, or juice. Our Security Officers may test liquid exemptions (exempt items more than 3 ounces) these items for explosives. Officers may ask you to open the container during the screening process.

When traveling with your infant or toddler, in the absence of suspicious activity or items, greater than 3 ounces of baby formula, breast milk, or juice are permitted through the security checkpoint in reasonable quantities for the duration of your itinerary, if you perform the following:

1. Separate these items from the liquids, gels, and aerosols in your quart-size and zip-top bag.
2. Declare you have the items to one of our Security Officers at the security checkpoint.
3. Present these items for additional inspection once reaching the X-ray.

You are encouraged to travel with only as much formula, breast milk, or juice in your carry-on needed to reach your destination.

You are allowed to bring gel or liquid-filled teething, canned, jarred, or processed baby food in your carry-on baggage and aboard your plane.

For information on creams, medicines, or other essential items for your child, please read our guidance on these items. <http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm>

Liquids and gels, including baby formula, breast milk, or juice, may be packed in your luggage and checked with your airline.

After clearing security, travelers can now bring beverages and other items purchased in the secure boarding area on-board aircraft.

For more details on navigating the screening process with your children, please read our information on traveling with children, visit <http://www.tsa.gov/travelers/airtravel/children/index.shtm>

The Screening Process (for those 12 and under)

As part of our risk-based, intelligence-driven approach to security, TSA recently implemented modified checkpoint screening procedures for passengers 12 and under. These new screening procedures include allowing multiple passes through the walk through metal detector and advanced imaging technology to clear any alarms as well as the greater use of explosives trace detection technology. Passengers 12 and under are also now able to leave their shoes on. To learn more about these procedures, visit: http://www.tsa.gov/what_we_do/screening_under12.shtm

At the X-Ray

- All carry-on baggage, including children's bags and items, must go through the X-ray machine. Examples include: diaper bags, blankets, and toys.
- All child-related equipment that will fit through the X-ray machine must go through the X-ray machine. Examples include: strollers, umbrella-strollers, baby carriers, car and booster seats, backpacks, and baby slings.
- When passengers arrive at the checkpoint, collapse or fold any child-related equipment. Secure items that are in the pockets, baskets, or attached to the equipment and place it on the X-ray belt for inspection. Plastic bins are provided to deposit such items.
- If any child-related equipment does not fit through the X-ray machine, security officers will visually and physically inspect it.
- Ask a security officer for help gathering bags and child-related equipment, if needed.

The Walk-Through Metal Detector

TSA recommends that children who can walk without assistance should go through the metal detector separately from their parent or guardian. If parents are carrying their child through the metal detector and the alarm sounds, the officer will have to additionally screen both the passenger and their child. If a baby is carried through the metal detector in a carrier or sling, additional screening may be required regardless if there is an alarm or not.

- Remove babies and children from their strollers or infant carriers so that security officers can screen them individually.
- Passengers may not pass the child to another person behind or in front of them during this process.
- Do not pass children to a security officer to hold.
- Security officers may ask for help screening children.

Advanced Imaging Technology (AIT)

TSA uses advanced imaging technology (AIT) to safely screen passengers for metallic and non-metallic threats without physical contact in order to keep the traveling public safe. Any passenger capable of assuming and holding the AIT stance for 5 seconds is eligible for AIT screening. Parents carrying infants or children will not be screened by the imaging technology. Parents accompanying children may opt out of imaging technology screening to prevent separation of family.

AIT screening is optional for all passengers. Those passengers who opt out of AIT screening will receive alternative screening, to include a thorough pat-down. To learn more about AIT, visit: <http://www.tsa.gov/approach/tech/ait/index.shtm>

Children with Disabilities

Travelers with Disabilities and Medical Conditions



Parents or guardians of children with disabilities should...

- Inform the Security Officer if the child has any special needs or medical devices.
- Inform the Security Officer if you think the child may become upset during the screening process as a result of their disability.
- Offer suggestions on how to best accomplish the screening to minimize any confusion or outburst for the child.
- Ask the Security Officer for assistance during the process by helping you put your and the child's carry-on items on the X-ray belt.
- Know that at no time during the screening process will you be separated from your child.
- Know that if a private screening is required, you should escort and remain with your child during the private screening process.
- Tell the Security Officer what are your child's abilities are. For example: can the child stand slightly away from equipment to be handwanded, walk through the metal detector, or needs to be carried through the metal detector by the parent/guardian.
- Know that at no time should the Security Officer remove your child from his/her mobility aid (wheelchair or scooter). You are responsible for removing your child from his/her equipment at your discretion to accomplish screening.
- Know that if your child is unable to walk or stand, the Security Officer will conduct a pat-down search of your child while he/she remains in their mobility aid, as well as a visual and physical inspection of their equipment.

7 Safety Tips for Your Next Road Trip

What you need to do before hitting the open road.

By Monica Bernstein

If your next vacation is a road trip, then be prepared: Your car is about to become a mobile family room. Childproof it accordingly. This will probably take some time, so start a few days before your trip. Here's how:

1. Go for a tune-up. For smooth sailing (and overall sanity), make sure your car is in good working order. The National Highway Traffic Safety Administration (NHTSA) recommends that you have your tires, battery, belts, fluids, and air conditioner checked by a qualified mechanic. If you're driving in a hot climate or towing a boat or trailer, you may need a motor oil with a higher viscosity.

2. Get a good night's sleep. According to the NHTSA, driving while drowsy is a contributing factor in 100,000 accidents annually. Drive only when well rested, and switch off with another adult every few hours, if possible.

3. Give your car seat or booster seat a boost. Not sure if your car seats or booster seats are installed 100 percent correctly? Eight out of 10 aren't, putting children at serious risk for injury or death. Call 866-SEAT-CHECK to find a nearby location for a free safety seat inspection.

4. Gear up for safety. The NHTSA recommends packing an emergency kit that includes:

- Water
- Warm blankets
- A flashlight
- Jumper cables
- Flares
- Tools to change a tire
- A fully charged cell phone
- A first-aid kit

It's also wise to subscribe to a roadside assistance plan -- just make sure you know where to call in an emergency and what kind of assistance your policy includes.

5. Be sun smart. Equip all family members with sunblock and sunglasses -- you may even want to pop hats on your little one's heads and invest in a sunshade for your backseat. When you leave the car, cover safety seats with blankets so they don't get too hot and burn a baby's tender skin, and do a touch test before letting pint-size passengers pile in. Never, ever leave kids alone in the car. With the outside temperature at just 80 degrees, the interior of a parked car can reach deadly temperatures in just seconds.

6. Scour the backseat. Make sure child safety locks are activated on windows and doors within reach of curious hands. You'll also need to remove any poisonous substances, such as washer fluid, from your backseat. Next, look around for choking hazards -- knobs that pop off easily, loose change between the seat cushions -- and remove potential projectiles (hard books, toys, etc.). When your vehicle is traveling at 40 miles an hour, so is everything else in it. Stop suddenly or get in a crash and anything that's not strapped down will keep moving until it hits something, like you or your child, points out Carole Guzzetta, director of the National Safety Council's Occupant Protection Program in Washington, D.C.

7. Keep the weight down. Store heavy items low in the seat wells so they won't become projectiles during a sudden stop. For the same reason, suitcases, strollers, and anything else stowed in an open cargo area should be battened down.

Parents

www.parents.com

Bringing together the power of respected magazine brands including American Baby and Parents, the Parents Network is your go-to destination for parenting information. From first kicks to first steps and on to the first day of school, we are here to help you celebrate the joys and navigate the challenges of parenthood.

Additional Resources:

Transportation Security Administration- <http://www.tsa.gov/travelers/airtravel/children/index.shtm>

- Great videos you can watch in advance to prepare for your trip
 - Traveling with Kids
 - Traveling with Babies and Infants
 - Infant Traveling Tips
 - Kids-to-Kids Video

Federal Aviation Administration- http://www.faa.gov/passengers/fly_children/crs/

National Highway Traffic Safety Administration - <http://www.nhtsa.gov/>

- Keeping Kids Safe: www.nhtsa.gov/Driving+Safety/Child+Safety/Keeping+Kids+Safe:+Inside+&+Out
- Child Seat Inspection Station Locator
- Travel Safety tips

Centers for Disease Control- <http://wwwnc.cdc.gov/travel/page/child-travel.htm>

- Travel Health Information – by destination <http://wwwnc.cdc.gov/travel/destinations/list.htm>
- [Recommended Childhood and Adolescent Immunization Schedule – United States 2010](#)
The U.S. *routine* schedule for childhood immunizations. This schedule may need to be adjusted if a child is traveling (see documents below).
- [Traveling Safely with Infants and Children](#)
Safe food and water precautions and diarrhea management, insect protection, and more
- [Vaccine Recommendations for Infants and Children](#)
Modifying the immunization schedule, more
- [Traveling While Pregnant](#)
Information ranging from air travel to vaccinations. Includes a checklist and a travel health kit for pregnant travelers.
- [Travel and Breastfeeding](#)
Information about immunizations, medicines, and traveling with and without a breastfeeding child.

U.S. Department of State – Travel Information www.travel.state.gov

- Travel Alerts and warnings
- International Travel Information
- Passports and Visas

Article- “Temper Tantrums: How to Keep the Peace” <http://www.mayoclinic.com/health/tantrum/HQ01622>

Travel for Kids - <http://travelforkids.com/>

- Trip planners and travel tips
- Resources for family hotels
- Travel books and e-books for kids

Family Travel with Kids – www.wejustgotback.com

- Tip sheets, “Insider guides” and blogs
- Printable packing lists
- Free Printable Car & Travel Games for Kids



Do you need help finding quality child care?

1-800-777-1720

NIH employees and contractors have
free unlimited access to the
NIH Child Care Resource & Referral Service.

A Work/Life Specialist can help you to assess your
family's needs and find resources on a range of topics,
such as:

- Evaluating care options
- Finding licensed providers
- Child Care Centers
- Family Child Care Homes
- Nanny care
- Pre-schools & Nursery
- Before & after school care
- Back-up care
- Summer camp
- Adoption resources
- Special needs resources
- College planning

This program is sponsored by
NIH Office of Research Services
Division of Amenities and Transportation Services

For more information, visit:
<http://childcare.ors.nih.gov>



An Important Service for NIH Employees:

If you are a caregiver, contact us for free consultation and resources to help meet your family's needs. Support is only a phone call away.

1-800-777-1720

NIH Dependent Care Resource & Referral Service



NIH Employees, trainees and contractors have free, unlimited access to a Work/life Specialist, who can help you to assess your caregiving role and support you by providing a range of resources and referrals. Examples include:

- | | | | |
|---|--|---|--|
| Housing Options | Home Health Aides | Evaluating care options | Special needs resources |
| Transportation Services | Preventing Elder Fraud | Child care providers | College planning |
| Meal Services | Long-distance caregiving | Nanny / in-home care | Tips for paying for care |
| Adult Day Care | Communication tips | Back-up care resources | And more... |
| | | Adoption information | |

**This program is sponsored by the NIH Office of Research Services,
Division of Amenities and Transportation Services.**

**For more information visit:
<http://childcare.ors.nih.gov>**

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Kelly Collins holds a Master's degree in Counseling Psychology from Marymount University and B.S. degree in Business from Virginia Tech. For over 15 years, Kelly has worked with both public and private sector organizations to educate, counsel, and support employees and their families regarding personal and professional development issues. She has worked in several Department of Defense facilities in addition to working for several years at Potomac Ridge Psychiatric Hospital.

For the past ten years, Kelly has worked with corporate employee assistance programs to meet the work/family and mental health needs of employees and their families. Her responsibilities have included program development, training, and project management.

Kelly delivers seminars on a range of topics from stress management to personal development to effective communication. She draws from her professional education and training, and her personal experience as a mother of two and a resident of Montgomery County, MD.

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