

Can You Keep an Infant Safe in Extreme Turbulence?

By now, you've probably heard about a recent Continental Airlines flight in which [extreme turbulence injured 26 people](#) and caused the flight to make an emergency landing.



It's easy to ignore the dangers of turbulence. We have all experienced mild turbulence at some point, and injuries are rare. Most of us assume that there will be time to assume a brace position, or in the case of a lap infant, to hold them tight, as the turbulence begins. That's why I found these two quotes from the article particularly frightening.

... passenger, Fabio Ottolini, said some flight attendants who were standing in the aisles when the turbulence hit were thrown against the roof.

"People didn't have time to do anything," AP news agency quoted him as saying.

Without a doubt, the safest place for an infant or young child is properly secured in a car-seat or an FAA approved safety harness like [CARES](#).

With the high cost of airfares, though, a separate seat for a child under two can seem like a luxury. The FAA allows parents to carry infants on their laps instead of requiring them to buy a seat because statistically it is safer than having them all drive to their destination. **If you cannot purchase a separate seat for your child, I recommend flying at a time of day when flights are typically not full so that you can place the child (in their restraint) in an empty seat.**