

EVERYDAY

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wit' MICHAEL RAY

travel 101

going away just got easier

how to travel with young kids

If you've been hesitant to take a family trip with little tykes in tow, **fear no more.**

BY BESHA RODELL

FEAR
I'll lose her in the crowd!

SOLUTION
Dress your child in bright colors so she's easy to spot. An ID bracelet is a good idea—try one from ID on Me (\$14, idonme.com). And, just in case, carry your child's photo with you.

FEAR

I won't eke out one moment of relaxation.

SOLUTION

You set the tone for your family vacation, so do your best to remain stress-free. **Start out well rested:** Don't leave Friday after a hectic week at work. And each parent should have an afternoon alone, to get a massage or read by the pool.

FEAR

My kid will puke before we even get there.

SOLUTION

Dramamine is safe for most kids, but check with your doc, and if your child is prone to motion sickness, pack plastic bags, wipes and a change of clothes.

FEAR

Getting through the airport will be a nightmare.

SOLUTION

Start with the right luggage, like the streamlined Eagle Creek's Pack-It system ([from \\$8, eaglecreek.com](http://from $8, eaglecreek.com)).

Instead of carrying a car seat with you, bring a plane-safe harness that can fit in your purse ([\\$75, kidsfllysafe.com](http://$75, kidsfllysafe.com)). Rent hefty equipment, such as car seats and cribs, at your destination.

FEAR

My darling will turn into a screaming monster on the plane.

SOLUTION

That's usually due to pressure-induced earaches, which are the worst during takeoff and landing. **Encourage constant swallowing** during those times. Infants get a bottle or a breast; give older kids chewing gum or hard candy.

FEAR

My child will get bored in the car.

SOLUTION

Make stops every few hours: **Find spots where you can picnic and run around.** Remember to bring plenty of snacks and water.

FEAR

Jet lag will clobber the poor dear.

SOLUTION

In the days leading up to the trip, **move bedtime at home closer to bedtime at the destination,** but don't worry too much. Children are much more adaptable to time changes—their bodies respond to dark and light as much as to a schedule.

