



9 Low-Stress and Low-Cost Ways to Fly With Your Toddler

Traveling with your young children doesn't have to be an ordeal. The trick is in the preparation – and learning from other parents who have been there.

As the holidays approach, families begin to fret about taking their toddler on their next flight. Parents are in for a new set of challenges and experiences when they bring their little one(s) along for the ride. For the last two years, my wife and I have had the pleasure of taking our daughter, now 4 years old, with us on flights across the country and around the world. Here is some of what we have learned...

Pre-flight preparation

1. **Buy a seat restraint.** Since children older than 2 years old must have their own seat, parents are left to provide a safe and comfortable arrangement. While you could bring an approved car seat, I have had great success with the [Cares](#) product, which is simple, compact, and FAA-certified. In addition to safety, the idea is that in a harness, children feel like they are in a familiar place (like their car seat), and they'll more easily adapt to the airplane environment.