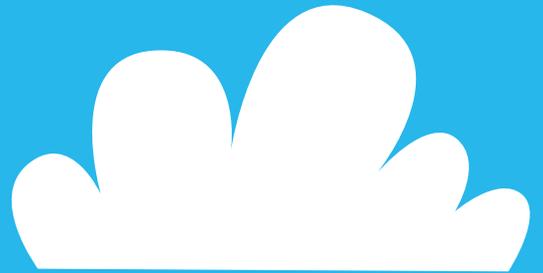
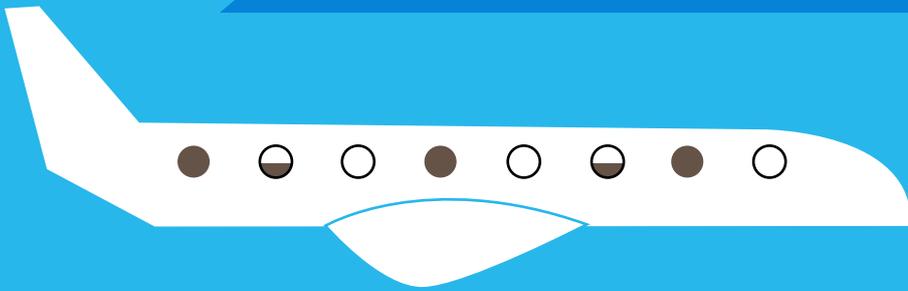
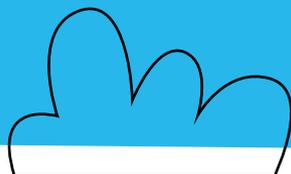


Flying With Children



Sainsbury's Bank



Contents

Before you fly	03
Can your child fly?	03
Will your child need its own seat?	04
On the plane	05
What you can take on the plane	05
Hand luggage essentials	06
Holiday essentials	07
Keeping your child entertained	08
Looking after your child	09
Dealing with nerves	09
Dealing with travel related illness	10
In case your child gets lost	11



Before you fly



Can your child fly?

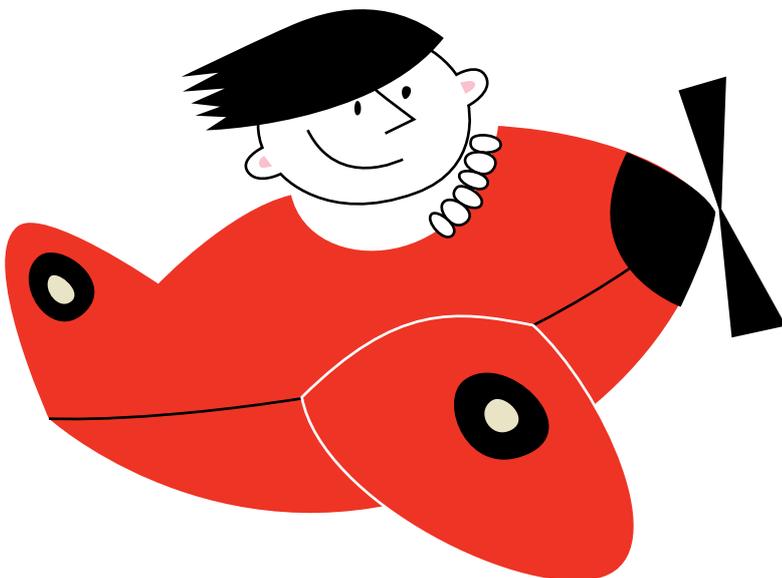
This depends on the age of your child and the airline:

Some airlines allow children to fly from two days old, others from two weeks - your GP may have to provide a letter to prove your baby is fit to fly

Most airlines require one adult to accompany each infant

Does your [travel insurance policy](#) cover newborns and infants?

If you are flying long haul, check that your baby can be vaccinated; babies under two months cannot take anti malaria tablets and children under 6 months cannot be vaccinated against yellow fever. Further information on vaccinations is available on the [GOV.UK](#) website.



Your child will need to have its own [passport](#) to travel. Passports usually take 3 weeks and cost £46.

Will your child need its own seat?

Travel with baby on your lap

- No additional seat cost
- An extension belt will be provided

Babies up to 24 months

Book a seat with a bassinet/carrycot

- Size restrictions apply dependent on airline

Under 12 months*

Reserve a child seat through your airline

- Needs to be booked in advance
- Often located next to the window to avoid blocking other passengers

6 months to 4 years**

Use a restraint harness which fits to a seat

- The use of Amsafe CARES child restraints differs between airlines

12 months to 4 years**

* Babies must fit the airline's bassinet restrictions

** Check with your airline for required specifications of car seats, carrycots, harnesses and bassinets



On the plane

What can you take on the plane?

Each airline has different allowances, but as a general guide:

Infants (up to 2 years) as lap babies, or in bassinets.

- You can take one bag for the items that your infant may require during the flight

You may also be able to take:

- One fully-collapsible pushchair
- One car seat
- A small, fully-collapsible pushchair can be wheeled to the aircraft door and then stowed in the hold (check with your airline)

Children (over 2) who have their own seat

They have the same allowance for hand luggage and checked luggage as you do.





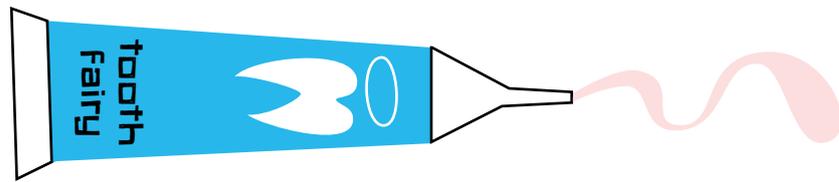
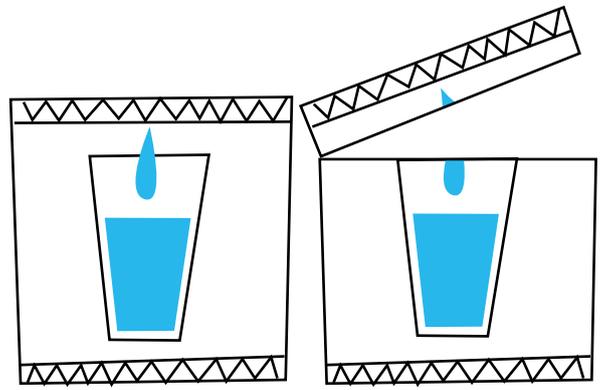
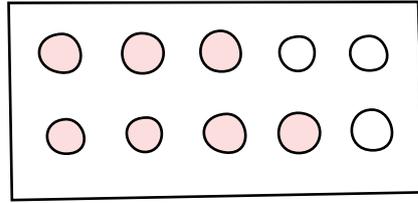
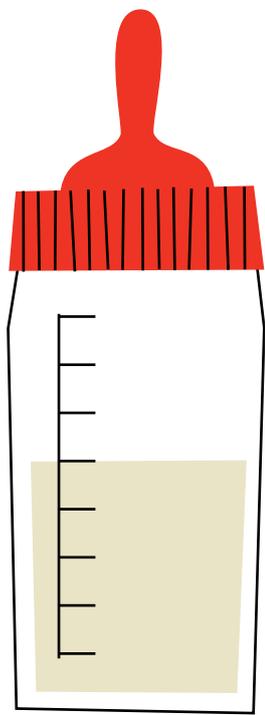
Hand luggage essentials



- **Nappies**, one for each hour you will be travelling, plus extras for delays
- **Expressed milk or formula**, boiled water in a baby bottle or baby food for the journey - this may be over 100ml (airport security could ask you to open or taste this as a security measure)

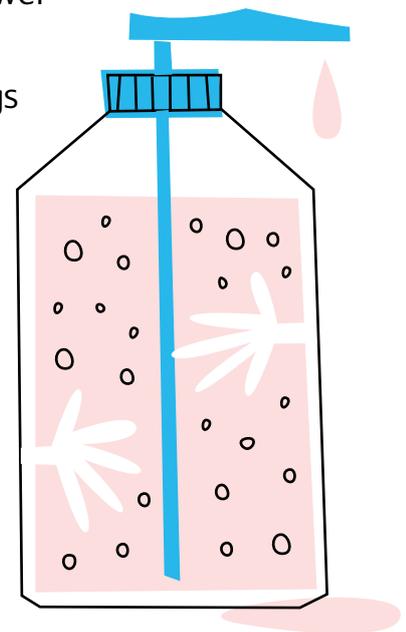
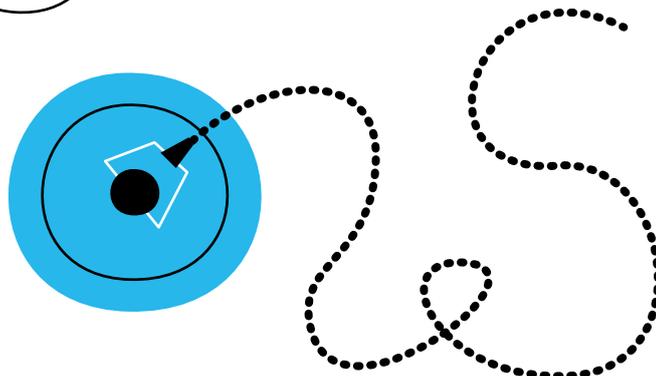
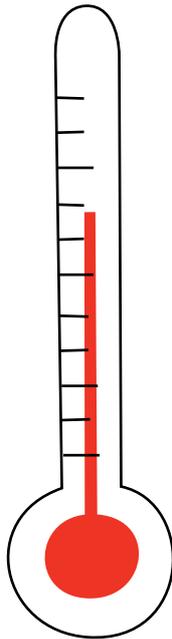


- **A disposable changing mat**, wet wipes, and nappy sacks
- **Blankets** to help comfort your baby, or if the plane is cold
- **Spare clothes** in case of spills
- **A favourite toy** for comfort if your child is tired or nervous



Holiday essentials

- Child pain relief
- Hand sanitiser
- Teething gel
- Thermometer
- Insect repellent
- Factor 50+ sunblock
- Rehydration powder
- Soluble anti-sickness relief
- Bite and sting relief, calamine lotion
- A universal plug can turn a shower tray into a bath for your baby
- Microwaveable sterilisation bags or pre-sterilised bottles



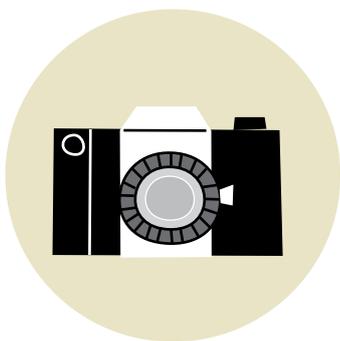
Keeping your child entertained

Remember that children aren't focusing on the journey and can easily get bored. Why not:



Teach them about the destination

- Get your child to become an expert on continents, countries and cities with Lonely Planet's Amazing World Atlas app
- Teach your children how to say "hello", "thank you" and "goodbye" in the language of your destination
- Teach them about local foods - and encourage them to try



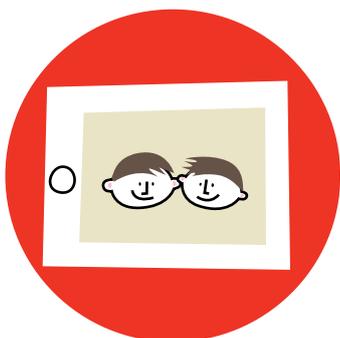
Take photographs

- Children love taking pictures, so let them have their own camera. Some of the best holiday photos come from a child's eye view!



Music and books

- Load your MP3 player with your child's favourite songs and consider audiobooks
- Don't forget headphones - look for ones suitable for children, with low volume specification to protect their ears



Electronic apps

- Tablets, apps and electronic games can be a great distraction on a plane. Download TV show episodes, films, and games and make sure apps can be played offline



Looking after your child

Dealing with nerves

- Before you leave for the airport, talk them through what will happen at the security line - including going through the scanner
- Talk them through how to find their seat on the plane, when to wear a seatbelt and what will happen on take-off and landing
- Give them a book about airplanes so they can learn more about the wonder of flying

Dealing with travel related illness



Motion sickness

A common complaint of children between ages 3 and 12.

A variety of treatments suitable for children include:
tablets, diluting salts and wristbands.

Dehydration

Flying can cause you to get dehydrated and this can happen much quicker in children and babies. This is because planes have low humidity. Take plenty of healthy drinks and bottled water.

Ear pressure

Ear pain on an airplane is caused by air pressure on the Eustachian tube. It can be worse if your child has a cold or infection. Adults learn to 'pop' this pressure by swallowing or yawning. However this is not always possible for young children to understand. To relieve the pain:

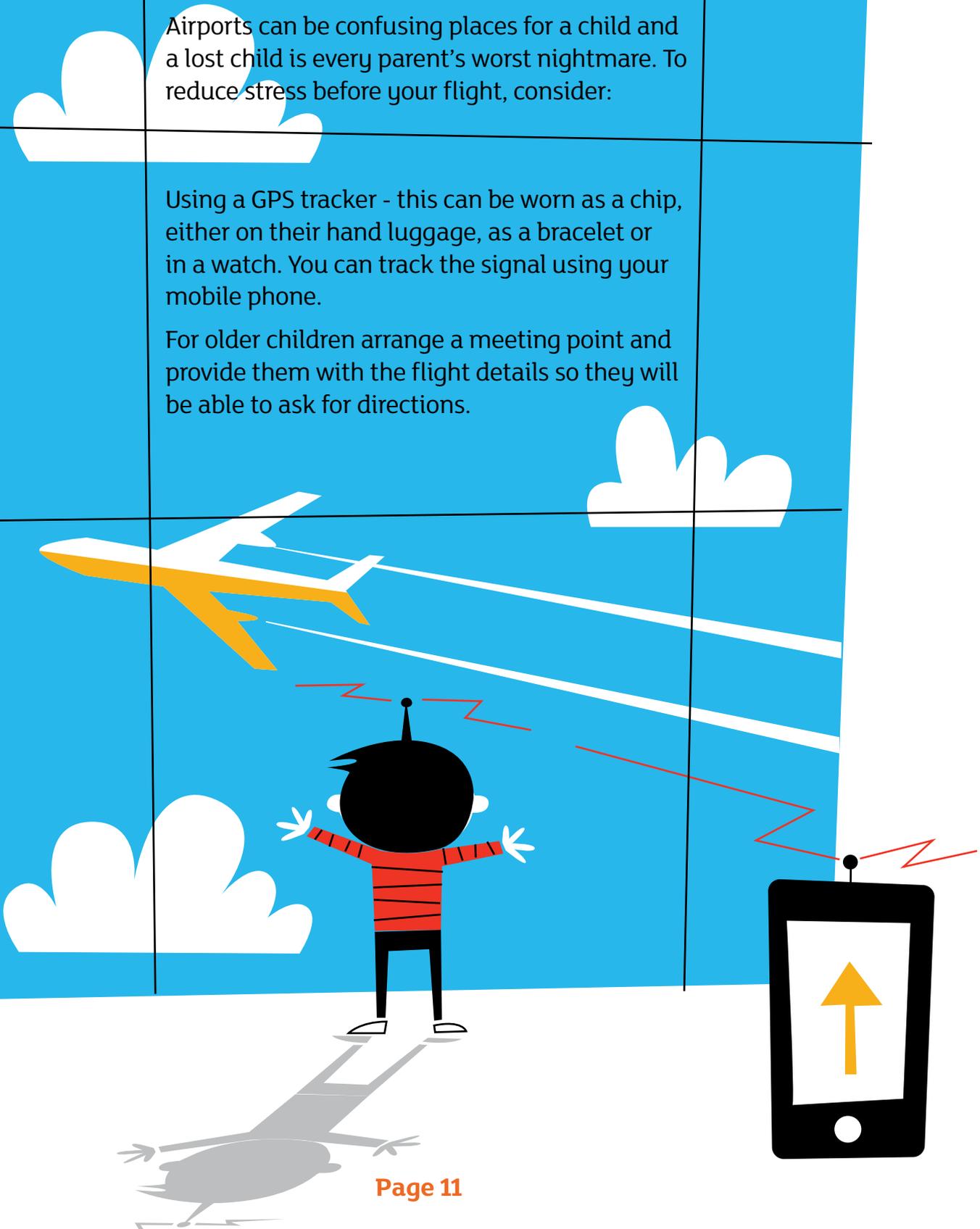
- Avoid air travel if your child has a cold. If not possible make sure they have plenty to drink as dehydration can make cold symptoms worse
- On take-off and landing feed your baby or give your child a drink or hard boiled sweets, the sucking motion helps relieve pressure
- Teach an older child to hold their nose and blow to manually open the ear
- Remember this can hurt so make sure it is done gently

In case your child gets lost

Airports can be confusing places for a child and a lost child is every parent's worst nightmare. To reduce stress before your flight, consider:

Using a GPS tracker - this can be worn as a chip, either on their hand luggage, as a bracelet or in a watch. You can track the signal using your mobile phone.

For older children arrange a meeting point and provide them with the flight details so they will be able to ask for directions.





Sources

https://www.sainsburysbank.co.uk/insuring/ins_travelinsurance_trv_skip.shtml

<https://www.gov.uk/foreign-travel-advice>

<https://www.gov.uk/get-a-child-passport/overview>

This PDF aims to be informative and engaging. Though it may include tips and information, it does not constitute advice and should not be used as a basis for any financial decisions. Sainsbury's Bank accepts no responsibility for the content of external websites included within this PDF. All information in this PDF was correct at date of publication.

Terms and conditions

Travel Insurance is administered by Cigna Insurance Services (Europe) Limited and underwritten by Cigna Europe Insurance Company S.A.-N.V. Cigna Insurance Services (Europe) Limited is authorised and regulated by the Financial Conduct Authority. Cigna Europe Insurance Company S.A.-N.V. is supervised in Belgium by the National Bank of Belgium and the Financial Services and Markets Authority, and subject to limited regulation by the Financial Conduct Authority.

Sainsbury's Bank plc, Registered Office, 33 Holborn, London EC1N 2HT (registered in England and Wales, no. 3279730) is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority (Register no. 184514). Sainsbury's Supermarkets Ltd is an appointed representative of Sainsbury's Bank plc.

All information was correct at date of publication. This guide was updated and published on 16 June 2015.