TRAVEL TIPS

Flight of the

BELIEVE I CAN FLY

A baby's first flight can be daunting for parents, especially if it's a long-haul trip. Here are some tips to make the experience as painless as possible.

[1] If travelling overseas, your baby will need a passport (\$113; passports. gov.au). They estimate a 10-day day turnaround, but give it a few weeks to come through. You can get a rush on it, but it costs more.

[2] When booking, tell them you'll be travelling with an infant. Book a bassinet for long-haul flights - it can usually fit a baby up to eight months old. There's limited availability, so book as early as possible. For familiar smells, line the bassinet with a sheet they've slept on. And request an aisle seat - you may be getting up and down a lot.

[3] Some airlines allow car seats on board, but you'll have to pay the price of a child's seat. Babies fly for free if they're in your lap on domestic flights. You'll pay 10 percent of your fare for an overseas flight. For kids 2-11, you'll pay up to 75 percent of the full fare.

[4] Arrive at the airport early. Do a quick nappy change (if necessary) just before boarding.

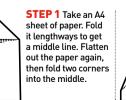
[5] Don't overload your carry-on bag with stuff you won't need. Stick to the essentials: a change of clothes, a change mat, nappies, wipes, bottles of milk, a dummy and any medication they may need. Pack it strategically for easy access to the things you'll use most.

[6] To help equalise their ears, a baby should be breast-fed at take-off and landing. A dummy can also work.

[7] Airlines have different rules when it comes to prams - where you can drop it off, costs, etc. Do some research before you leave home with it.

BOREDOM-BUSTER

steps to make a bulldog dart plane



STEP 2 Flip the paper over and fold the corners back again, so that they come about halfway down the page.

Taming a Terrible Two

teenagehood!). A few

we all tend to live

hurried lives, but α

child needs a slower

pace to explore, learn

and, most importantly,

time for involvement

and connection to

loved ones. Include

your child in daily

such as washing

α little trolley.

SAYING NO

activities and home

chores – at this stage

everything is a game,

the car, gardening or

shopping in the local

hardware store with

WITHOUT SAYING NO

breaking loose when

give them what they

want, redirection is a

great tool. Try these:

To prevent all hell

you aren't going to

creative tips can help:

Tantrums can be an

immediate response

when hearing the

a little creativity,

you can hold the

IT'S JUST A PHASE

At around two years

of age, toddlers start

to realise that they

are separate and

independent from

their parents. With

this greater sense of

individuality comes

they have a choice.

However annoving,

this is a healthy and

SLOW THINGS DOWN

less frequent over

The "nos" can become

time (until they reach

normal stage for

a toddler.

awareness that

boundaries.

word "no". But with

AUTHOR

LOU HARVEY-

HER TIPS ON

HOW TO SAY

NO TO YOUR

TODDLER

WITHOUT

CAUSING

A MELTDOWN.

ZAHRA SHARES

STEP 3 Fold back the tip to form the snub nose of the plane (left), then fold the entire plane lengthways. Finally, fold the wings in half (right). Now you're ready to take to the skies.

Is your tot all bark and bite?

a biscuit?" YOU: "Yes you can, for morning tea. (Redirect to when it can happen.)

CHILD: "I want to watch TV." YOU: "Come and help me wash-up. I will fill the sink with bubbles for you." (Redirect to an alternative activity.)

Stamp your foot while laughing and saying "No!", then squeeze, chase or tickle. Stay light and carefree and it will redirect your child's mood. 🖬

Lou Harvey-Zahra is the author of Turning Tears Into Laughter. For more parenting tips, head to her website. skiptomylouparenting.com

CHILD: "Can I have

MF PERSONAL BEST

ATHERHOOD

THINGS YOU'LL NEVER HEAR A WOMAN SAY ... YOU ARE SO MUCH SMARTER THAN MY FATHER •• OF COURSE SHE CAN COME ••

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