

TRAVEL TIPS



Flight of the vocal cords.

I 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.



Is your tot all bark and bite?

Taming a Terrible Two

AUTHOR LOU HARVEY-ZAHRA SHARES HER TIPS ON HOW TO SAY NO TO YOUR TODDLER WITHOUT CAUSING A MELTDOWN.

Tantrums can be an immediate response when hearing the word "no". But with a little creativity, you can hold the boundaries.

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 awareness that they have a choice. However annoying, this is a healthy and normal stage for a toddler.

SLOW THINGS DOWN
The "nos" can become less frequent over time (until they reach

teenagehood!). A few creative tips can help: we all tend to live hurried lives, but a child needs a slower pace to explore, learn and, most importantly, time for involvement and connection to loved ones. Include your child in daily activities and home chores – at this stage everything is a game, such as washing the car, gardening or shopping in the local hardware store with a little trolley.

SAYING NO WITHOUT SAYING NO
To prevent all hell breaking loose when you aren't going to give them what they want, redirection is a great tool. Try these:

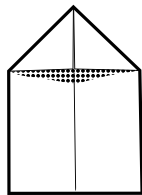
- CHILD:** "Can I have a biscuit?"
- YOU:** "Yes you can, for morning tea." (Redirect to when it can happen.)
- CHILD:** "I want to watch TV."
- YOU:** "Come and help me wash-up. I will fill the sink with bubbles for you." (Redirect to an alternative activity.)

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. **mf**

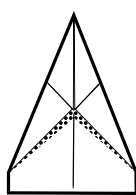
Lou Harvey-Zahra is the author of *Turning Tears Into Laughter*. For more parenting tips, head to her website: skiptomylouparenting.com

BOREDOM-BUSTER

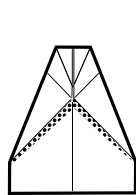
3 steps to make a bulldog dart plane



STEP 1 Take an A4 sheet of paper. Fold it lengthways to get a middle line. Flatten out the paper again, then fold two corners into the middle.



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



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.

