

FLYING ALONE WITH A 2-MONTH-OLD

16 things I did right—and what I would never do again

Braver
Travel
Days
Ahead

SAME
FAMILIES.
FARTHER
PLACES.



Small
Babies
Big
Adventures

BEFORE THE AIRPORT

1 Wear Baby Through the Airport

Hands-free makes everything easier. TSA may allow Baby to stay in the carrier, but follow the officer's instructions.



2 Arrive Early

Get there at least one hour before boarding—not departure.



3 Park Before Drop-Off

Nurse, change Baby, let them stretch and organize your bags before heading inside.



SECURITY + BREAST MILK

4 Keep Milk Separate

Tell TSA you have breast milk. It can exceed 3.4 oz, and Baby does not have to be with you.



5 Freeze the Ice Packs

Cooling packs are permitted but may need extra screening.



6 Download Mamava

Find nearby nursing spaces and access codes before you reach your terminal.



CHECK YOUR AIRLINE: Breast-pump, diaper-bag, stroller and car-seat policies can vary.

BEFORE BOARDING

7 Stretch + Change Baby

Use a portable changing mat and start the flight with a fresh diaper.



8 Avoid Bedtime Flights

My 8:30 p.m. flight was a disaster. Our early-afternoon flight was so much better.



9 Preboard When Offered

Set up your seat before the aisle fills.



ON THE PLANE

10 Keep Only Essentials Close

Diaper, wipes, changing mat, burp cloth, pacifier, water and spare clothes.



11 Wear a Nursing Shirt

Choose a top and bra you can open with one hand.



12 Dress Baby Lightly

Use light layers. A nursing cover can add warmth—keep Baby's face a clear.



13 Help Their Ears

Nurse, offer a bottle or use a pacifier during takeoff and landing.



14 Choose the Right Seat

Short flight: window for privacy. Long flight: aisle for easier access.



15 Know Carrier Safety

A soft carrier is not FAA-approved for taxi, takeoff or landing. Follow the crew's instructions.



16 Bring One Quiet Toy

For an older baby, pack one crinkle toy or indestructible book—not the whole toy box.



Quieter
Flights
Happier
Days

TINY
TRAVELERS
MAKE A
BIGGER WORLD

WHEN YOU LAND



Ask your ride to meet you at baggage claim. Help with the baby, bags, stroller or car seat makes those last few steps much easier.

IF YOUR BABY CRIES, YOU ARE NOT FAILING.

Feed them, burp them, check the diaper, change positions and breathe. The flight will end. You are doing a good job.

ONE-HOUR FLIGHT GRAB LIST



1 diaper • wipes • changing mat • burp cloth • clipped pacifier • nursing cover • water • spare baby outfit • spare shirt • wet bag

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Take it
and go.