

Tips for Traveling with an Infant



1 hour of time change =
1 day of adjustment.

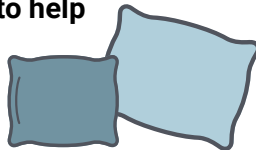


Use natural light to reset your baby's body clock. Exposure to natural light in the early morning can help everyone adjust to the new time.



Choose your timezone. If it is a short trip, it might make sense to stay on the schedule you are used to at home. For longer trips, you may want to adjust everyone to the new time zone.

Make it seem like home.
Bring products and items you use at home to help baby adjust.



Naps on the go count! Once baby is a little older, around 3-4 months, they may need 1 home base nap in their crib or bassinet.



Expect an adjustment period when you return.

