



Things to Think About!

Check It Out

By Brandan Atkin

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<http://www.familytravelguides.com/tips.html>



Flying with Kids

air travel tips for families flying with a baby or small child.

<http://www.flyingwithkids.com/>



Travel with baby: How we can help

<http://www.babycenter.com/refcap/7155.html>

THE "DREADED" FAMILY VACATION

By Linda Jorgensen

Traveling together is one of the greatest adventures a family can have. Squabbles in the car, spills, chills, flat tires, late flights, forgotten items, and 'friendly' discussions about destinations and activities are a few of our family's favorite memories. Or should I say, 'misadventures'? Travel with family is fun but traveling with family and medical equipment can be a real challenge.

To prevent some of the more aggravating aspects of family travel with equipment, we've learned to plan ahead. With steady nerves, the tactical skills of a steely-eyed loadmaster and the determination of a General leading his troops into battle an intrepid parent can pack up and head out for some fun and adventure in far away places. However. Packing up a family with disabled family members is enough to make even the most seasoned General cringe.

The Adventure Begins....

Traveling with disabled children can be made easier by realizing it just takes more planning and a bit more preparation. Begin by choosing a family friendly destination and the mode of travel easiest for you. For the beginning traveler think of destinations not too far from home. You can expand your horizons from there.

Plan ahead. Will you be traveling by car or by plane? Where will you be staying? Can you get your equipment in and out? Is it an accessible destination? What is the climate like? Once you answer these questions you can begin your plan of attack. Make lists of needed items and think ahead about what you will need for an enjoyable family outing.

Below are a few suggestions we've found most helpful.

Travel By Car....

- For children traveling harnessed in a wheelchair allow frequent rest stops. Remove the child from the chair and allow the child to stretch and move around. Long periods of stationary sitting in a moving vehicle can create muscle spasms and possible pressure spots. Frequent stretching and position changes will increase tolerance of the longer ride.
- Children wearing orthotics or head restraints should remove these every few hours. Check skin for redness or swelling and adjust your child's position, wrinkled clothing, etc, accordingly.



Tips for your family road trip.

Family car travel can be a challenge: Make your next trip one to remember

<http://www.msnbc.msn.com/id/12705776/>

Free Travel Tips .com

<http://www.freetraveltips.com/Kids/>

- If you were previously on the e-mail list for the monthly newsletter and you did not receive this months edition by e-mail, please send an e-mail to the below address and you will be added to the mailing list. Thank You.

- Keep to your child's regular meal and medication schedule! A small medical kit with routine medications and important devices, copies of Rx's and instructions for use is recommended. Emergency precaution instructions should also be included.
- Pack extra disposable medical supplies and extra changes of clothing. Be prepared for "quick changes".
- Be sure to bring your child's favorite blanket and/or stuffed animal.
- Include your child in family travel games as you go along.
- Allow for extra bathroom stops. This is not a race to get to your destination but rather an enjoyable trip. Take the time to stop periodically.
- DVD players. Pack a small DVD player and a few of your child's favorite movies.

Travel by Plane....

- Before heading to the airport, check that the flight is on time. Arrive at your departure point early enough to make adjustments to wheelchairs, such as unhooking batteries. Tape any dismantling and reassembly instructions onto equipment.
- Keep your child on a regular medication and meal schedule. Keep your medical kit, written prescriptions, and important devices in your carry-on luggage so it will be close at hand.
- Pack extra clothing for both you and your child in your carry on.
- Assist your child in accessing the restroom BEFORE boarding the plane if at all possible. Aircraft restrooms are difficult to access. Utilizing the more accessible terminal restroom facilities will help ensure your child's comfort.
- Check equipment at the gate, NOT THE TICKET COUNTER. Equipment checked at the gate receives better handling while loading and can prevent damage in transit.
- Children (and many adults) requiring extra oxygen at home will need it in a plane. Cabins are pressurized to an altitude of approximately 8,000 ft. during flight. Individuals with heart and/or lung disorders who don't generally need oxygen may find they need it when flying. Airlines are not responsible for providing oxygen bottles **in terminals**. Those arrangements need to be made by the traveler. Local suppliers may be part of larger, nationwide networks or may be able to suggest sources in your destination city.
- **You cannot take your own oxygen canisters on board. The Federal Aviation Administration requires airlines to provide oxygen based on information from the passenger's Doctor. Contact your airline for information about this service when making your reservations.**

By thinking ahead, choosing a family friendly destination and planning accordingly you may find traveling to be a great adventure. So pack your bags and get going!