

or looped candy on a string to make edible jewelry. For older kids, teens and even adults, try planning a new video or tabletop game, a movie or an audio book for them to “unwrap” during the trip.

Kids carry-on

If you're looking at this list and starting to panic about how you'll carry all that around the airport with you, we have a simple solution – the kids have carry-ons too. With the exception of infants, kids of all ages can carry a backpack with them at the airport and on the plane. The backpack can have entertainment and comfort items – like a small blanket – and, for younger children, a change of clothes just in case. You can include snacks too – just remember to be careful about the liquids, which may have to pass the TSA's 3-1-1



rule. Some formula, breast milk, and juice is exempt, but you will need to keep those separate during security screenings. Attach contact information and identification to all baggage – carry on and checked,

just in case.

What goes up

Ever wonder why high-pitched cries tend to increase at the end of a flight? It's the pressure – specifically air pressure. Changes in cabin

pressure are easy on the ears as the plane gains altitude. But during the descent, tiny eardrums cause a lot of pain if they can't equalize. The good news is, all it takes is a yawn or a swallow for your ears to pop, but you can't explain that to an infant. Instead, this is a good time for a bottle or breastfeeding. For toddlers, chewing and swallowing help and gummi bears or something similar are a good solution. Ask the flight attendant to let you know when you are getting near the time for the plane to descend.

Whatever tips you choose to follow, remember you know your children best, and only you are traveling on your specific journey.

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