

Breastfeeding and Traveling

Traveling with a breastfed baby is easy – there are no bottles or formula to take along. You don't have to worry about bad water supplies, sterilizing bottles and nipples, and keeping the formula in a refrigerator.

Diet, Sleep, and Stress

When traveling, take care of yourself. Eating junk food, missing sleep, and increased stress can affect your milk supply. Drink more liquids like water and juice. Avoid alcohol and caffeine. Avoid smoke. If you get traveler's diarrhea, drink more water and keep nursing.

Breastfeeding in Public

When traveling, you may feel uncomfortable nursing in public.

Try to find a:

- “Family room” (found in some shopping malls, airports, and amusement parks)
- Lounge attached to a restroom
- Dressing room
- Back corner booth in a restaurant (face away from the other patrons)

Or, nurse in your car.

To nurse discreetly:

- Put a baby blanket over your shoulder
- Nurse with baby in a baby sling
- Wear nursing tops
- Wear loose tops that you can pull up and stick baby under
- Wear a jacket or sweater that you can pull around you after you lift your top.

Long Car Trips

- Allow extra time for breastfeeding stops.
- Lean over baby and nurse baby in his car seat.
- Travel when baby is usually asleep.

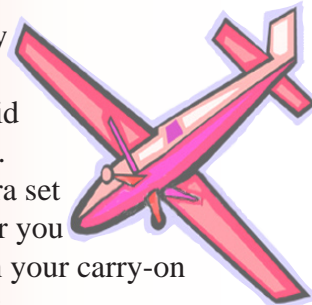
Air Travel

Babies

- Breastfeed at take off and landing to relieve pressure in baby's ears.
- If baby has a cold, give a safe decongestant 1 hour before takeoff.

Moms

- Drink plenty of water or juice to avoid dehydration.
- Take an extra set of clothes for you and baby in your carry-on in case your



luggage is lost or baby soils your clothing.

If you can't take baby along:

Pump:

Pump and store milk prior to the trip. Pump often while away to maintain your milk supply.

Get baby used to a bottle:

Start several weeks before you will be separated. Let someone else give baby the bottle.

If baby refuses the bottle:

Turn baby so baby is facing away from bottle giver (baby's back to bottle giver's chest) then offer bottle. Offer bottle while walking. Give breastmilk in a small medicine cup or Sippy cup. If baby is older, put breastmilk on baby's solid food. Give baby half frozen milk (a slushy) on a spoon. If baby is teething, this may feel really good. Try a combination – put milk on baby's food, give milk in a cup, and feed baby half frozen milk

Nipple flow:

Some babies refuse the bottle because the flow is too fast and it scares them.

Use a slow flow nipple
Hold the bottle horizontal to the floor. In this position, milk will flow only when baby sucks so baby controls the flow.

When mom and baby are reunited:

Baby may act like she does not want to nurse. Mom may have to court baby:

- Skin to skin contact
- Cuddling
- Nursing in the bathtub
- Nursing when baby is sleepy.

If mom has kept up her milk supply, she and baby should be happily nursing within a few days.



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