

Breastfeeding babies and travelling

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If there is a time when [breastfeeding babies](#) comes in really handy, it is when you're travelling with young children. It's when the holidays are around the corner that you realise that breastfeeding is so convenient!

[Breastfeeding babies](#) allow you to pack lightly. There is no need for bottles, formula, mineral water.

Breast milk is always ready, and at the right temperature. No worry about milk or food being too cold or reheated too hot.

No worry about delayed flights, lost luggage or the ever changing regulation on how much liquid you're allowed to carry in your hand luggage.

There are also health reasons to continue [breastfeeding babies](#) when you're travelling:

No worry about hygiene. Cleaning baby bottles in a hotel room or a restaurant isn't always easy or safe.

Cold weather, tiredness and crowded public places make a breeding ground for germs. Breast milk will provide your baby with extra antibodies to fight off any infection.

Breastfeeding babies during take off and landing eases the ear pain of pressure changes. Many babies will even fall asleep at the breast thanks to the white noise of the plane.

Breastfeeding babies will not only provide food, liquid, and immunity, it will provide the emotional reassurance to cope with a new environment and meeting lots of new people.

Now all you need is a [baby sling](#)... Enjoy the holidays!

Created: December 17, 2009