

**"Don't just read the book!
Travelling to new
cultures and meeting
new people is not only
rewarding in itself, it also
gives us an enriched
vision of home and the
people closest to us."**

*Françoise Ducret, Chair,
Canadian Chapter, European
Travel Commission, 1995-1997*

eat plenty of high-fibre foods, like fruits and vegetables.

In developing countries, pasteurized milk is often difficult to find. You can take powdered milk with you if you want to ensure that you get enough calcium. It can be added to most foods.

For coping with morning sickness, ginger is an excellent remedy.

Travelling with Children

Before setting out, come to terms with the fact that you'll be travelling at your child's pace, not your own.

When travelling by air with an infant, carry a bottle or pacifier for the baby to suck on during takeoff and landing. This helps to equalize

Crystallized forms can be found in the baking section of most supermarkets. Otherwise, raw root ginger can be found just about anywhere in the world, and can be grated into your food in small amounts.

If possible, avoid travelling in malarial zones. Even while taking anti-malarial drugs, pregnant women are more liable to catch the disease, and the illness tends to be more severe.

Especially if you're in the first trimester of your pregnancy, avoid high-altitude destinations, where oxygen to the fetus could be decreased.

As you're pregnant, you should avoid using iodine to purify water. Iodine could have an adverse effect on the fetal thyroid.

ear pressure and keeps the baby more comfortable.

If you're breast-feeding, take your cues from local women, since cultural practices vary from country to country. However, when in doubt, try to breast-feed in private.