

Travelling with Children

Since December 11, 2001, Canadian children need their own passport. The practice of adding a child's name to a parent's passport is no longer permitted. For more information on this issue, consult our booklet *Bon Voyage... But*.

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 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.

Never leave a young child unattended. Always keep some form of identification in your child's pocket in case you accidentally become separated.

For emergency identification purposes, take along several recent photographs of your child.

"I've been travelling with my kids since the youngest was three months old. When she fussed, I went into a larger than life singing or dancing routine to distract her. Often, this made fellow travellers laugh and sympathize instead of trying to get as far away as possible from an upset mother and child."

*Kathy Kastner, vice-president,
The Parent Channel*

You may also wish to leave extra copies of those photographs with a family member.

Teach your child never to open the door of your hotel room to anybody.

When entering or leaving a hotel elevator, keep your child right beside you. If the doors close too quickly, he or she could be stranded.

If your child is under 16 and is not listed on your passport, you must have a certified document from the child's father giving permission for the child to travel.