

Healthy TRAVEL TIPS

Here are some tips
on healthy travel
from those who
know best, our very
own US Airways
flight attendants!



If you are bringing a car seat, make sure it is airline approved. Check to ensure it is positioned correctly (forward or backward) and make sure you know how to operate it properly.

Karen, Pittsburgh

Carry a document with your child's name, height, weight, blood type, food allergies, relevant medical facts, a recent photo and a list of emergency contacts.

Joe, Phoenix

Pack healthy snacks to give to children on ascents and descents. The chewing motion keeps their ears balanced.

Karla, Phoenix

Have your child dressed in a bright color to help identify him/her in a crowded airport.

Louise, Pittsburgh

Kids love to participate—ask them to be responsible for their own carry-on bag with toys and goodies, but make sure the bag is not too big or heavy for them.

Danielle, Las Vegas

Avoid bringing toys with small parts or your child's most valued toys or treasures. If he/she must bring a specific stuffed animal, pack it in your bag so you can keep track of it. You don't want a vacation ruined by the loss of a special blankie!

Kelly, Philadelphia

Be courteous of other travelers by not packing games or toys that are too loud or distracting. Consider packing books; they're quiet and help children build a lifelong love of reading!

Julie, Charlotte

Remember, anything resembling a weapon cannot be brought on board, including toy guns, squirt guns, bows and arrows or rockets.

Kathleen, Phoenix

 **U·S AIRWAYS**
Fly with us.

Literacy LUGGAGE



Pack your Literacy Luggage!

- Put together an alphabet themed box or “Literacy Luggage” to take along with you when you travel. The box should be filled with toys and other items that relate to the letter/theme of the box.
- Find a box or any type of container that is not see through. It should be big enough to fill with a few objects and small enough for your child to carry.
- Allow your child to choose a letter of the alphabet for the theme of the box.
- Gather a few toys and household items that start with that letter. For example: if you select the letter “D”, include items such as a toy dinosaur, a doctor’s kit, a picture of a dog, etc. Encourage your child to find objects with you.

Now you are ready to play with your Literacy Luggage!

- Talk about letters and sounds. Engage in a discussion about the objects as you and your child put them in the box. Ask your child to describe the objects and be sure to repeat the name of the object and stress the sound of the letter.
- Make it a memory game. Each time you get out your literacy luggage, see if you and your child can remember the items inside. You can peek inside while you “reveal” each item. This way, if your child can’t remember some of the contents, you can give hints and make it into a guessing game.
- Change the theme of the box. Choose a theme that is similar to what your child is learning in school, or relate the box to issues around the house, or a family trip. Possible themes: babies, families, vacation, airplane, travel, etc. This is a great way to reinforce ideas that you may be teaching your child.
- Bring a box with you on your trip to fill with items you find along the way. Collect items that all begin with the same letter, for example, on your trip to Arizona find items that begin with the letter “A”.