



Avoid Getting Tripped Up Traveling with an Infant Over the Holidays with Top Five Essentials

Experts explain the simple power of comfort when traveling with a newborn this holiday season. Proactive steps, including top five recommended products from JetwithKids.com, promise to make the trip more enjoyable for everyone from baby and parents to other nearby travelers.

Dallas, Texas (PRWEB) December 15, 2008 -- No doubt traveling with a newborn can quickly become a very unforgiving experience, one that's enough to quickly dissolve a joyful holiday spirit not only for the parent but for nearby travelers. But it doesn't have to be that way. Experts say parents actually have more control than they realize. And it begins with understanding.

"Because a newborn's nervous system is still developing, it's extremely in-tune and sensitive to surrounding energies and other stimulus," says [Dr. Rodney Russell](#), a Southlake, Texas-based Integrative medicine doctor that provides neural-integration work. "Parents really need to recognize that they can actually cause the baby to go into sympathetic stress response resulting in colic symptoms and other states of agitation."

Like a mirror, infants and children mimic the responses and reactions in their environment. If they sense stress, they will also become stressed. But if they sense peace and calm, they will become peaceful and calm as well, according to Dr. Russell.

Instead of reacting with defensive tactics, which can often lead to greater anxiety for everyone, the solution lies within the preemptive power of comfort.

"That's why it's so important that their environment feels safe, secure and familiar," says Anya Clowers, a registered nurse and travel expert with JetwithKids.com. "You can surround an infant with 'protection' from the onslaught of the unfamiliar and often harsh stimulus that travelers face with things like the security of being wrapped snug, a familiar blanket, a genuine smile and interaction from a parent."

For getting from here to there this holiday season without getting tripped up, whether it be at the airport, in-flight or while staying in an unfamiliar home, Clowers suggests these top five essential products:

1. [MIRACLE BLANKET](#): Simplifies and greatly enhances the age-old technique of swaddling, mimicking the comforting and familiar sensation of the womb. Guaranteed to calm a fussy, colicky baby.
2. [ERGOBABY CARRIER](#): An adjustable, lightweight, cozy versatile carrier that keeps baby snug and close providing a feeling of warmth and security.
3. [COMFORT SILKIE](#): Stimulates a sense of well being while reducing anxiety and encouraging relaxation.
4. [ADIRI BOTTLE](#): Mimics the breast in shape and feel allowing for breast-fed infants to safely bottle feed expressed milk while buckled in a car seat during flight.



5. [SOUNDSLEEP FOR BABIES](#): Uses the patent-pending WombEffect™ technology, combined with a proprietary lush, ambient low-frequency soundtrack to soothe and relax baby.

[JetwithKids.com](#) was created by Jet Seven, Inc., as an informative site for anyone flying with children. A panel of over 20 veteran travel experts and pediatricians are contributors to the resources of the book Jet With Kids. From important documentation requirements to the best toys on planes, even the true hard facts about infant safety on planes, this site is dedicated to changing aviation travel from a dreaded transportation necessity and "nightmare" to an enjoyable and safe part of the trip for all involved.

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