

Have Milk Will Travel

Written by [Laurel Haring](#) Tuesday, July 15 2008 10:37

Travel has always been a challenge when you're traveling with an infant; however, you'll find that travel is a whole lot easier when you're a nursing mom.

Yesterday my sons and I came home to Delaware after a wonderful 10-day trip to sunny southern California to visit the boys' grandparents. The trip wasn't nearly as painful as it could have been, for which I'm truly grateful.

Today I'm shifting gears from vacation back to so-called reality. I've been thinking about travel, and it's an easy transition to thinking about air travel and the nursing mom.

When we arrived at the San Diego airport, we and about 100 or so other people wended our way through the cattle chutes that led to the security checkpoints. A mom with a newborn was near us, and I was awed as she carried her one carry-on bag while wearing her baby across her chest in a baby sling. She seemed perfectly relaxed and comfortable, and it would have been quite easy for her to nurse her baby, should he become hungry, with total discretion.

I'd heard in the past about overzealous security officers at airports hassling nursing moms about bottled breast milk. Fortunately, times have changed somewhat. Here's what the Transportation Security Administration's Web page has to say about traveling with breast milk: "Mothers flying with, and now without, their child will be permitted to bring breast milk in quantities greater than three ounces as long as it is declared for inspection at the security checkpoint. Breast milk is in the same category as liquid medications. When carrying formula, breast milk, or juice through the checkpoint, they will be inspected, however, you or your infant or toddler will not be asked to test or taste breast milk, formula, or juice." To read more, click [here](#).

Our flight was packed, and just walking down the aisle was a challenge. As I shuffled out of first class, I saw another newborn. His mom was seated in the first row of business class, where she had extra legroom. Smart mom. By asking for a seat in that particular row, she knew that she'd be able to stand up and stretch and do that "mommy sway" that most moms do to soothe their children.

This mom was also in a great position to retrieve items from her carry-on bag. Back where I was sitting, next to the window and hemmed in by my two row-mates, getting into my bag required feats of contortion that I doubt I'd be able to do anywhere else. And not only could that lucky mom stretch her legs, she was also able to make herself comfortable for feeding her baby, whether by nursing or bottle-feeding. So, note to self if you're traveling with an infant or young child: request a seat in a row with extra legroom – you'll be thankful you did.

Another aspect of air travel to keep in mind is the change in air pressure on takeoff and landing. Although it's not the torture that some people might have you believe, it can become a nuisance or even uncomfortable for you and your baby. If she's sleeping, you don't need to wake her up; however, if she does wake up, a swallow or two should take care of equalizing the pressure ... and help you and her relax, too.

For more information about traveling with or without your nursing baby, check out the CDC's article "[Travel Recommendations for the Nursing Mother.](#)". Or read this article, "[Nursing Is Best for a Traveling Baby.](#)" on the Family Travel Web page.

Whether you're traveling around the world or just around your block, nursing is the one method of feeding your baby that's ready to go whenever you are!

Laurel Haring is a writer and editor. She and her family live in Wilmington, Delaware. Laurel is happy to be home but misses the low humidity, low stress, and no mosquitoes of her mother's home in southern California.

<http://www.typeamom.net/have-milk-will-travel.html>