

Holidays with young children

Things to consider when choosing a holiday destination

- Child-friendliness
- Infrastructure
- Shopping facilities
- Temperatures
- Medical care

Travelling by car

- Use a certified child seat suitable for the child's size and weight
- Where possible, plan travel times to suit the child's sleeping and eating habits
- Plan regular breaks, offer plenty of fluids, and provide light snacks for the journey
- Have plenty of extra food to hand (Traffic jams)
- Fit sunshades to the car windows as required; protect the child from overheating
- Toys for entertainment
- Never leave a child alone in the car (risk of heatstroke)

Travelling by plane

- Inform the airline that you are travelling with an infant/toddler and have a pushchair with you.
- Ask the cabin crew what you need to bear in mind
- Breastfeed your child during take-off and landing, or offer them something to drink or suck on (to equalise pressure)

Sun

- Do not expose young children to direct sunlight
- Avoid the midday sun between 11 am and 3 pm
- Use waterproof sun cream with SPF 50 specifically for babies or children (depending on the child's age) --> choose a high-quality product; seek advice from a chemist if necessary
- Light clothing
- Swim nappies / swim pants
- Possibly UV-protective clothing
- Sun hat with a wide brim or baseball cap with neck protection
- Sunglasses (100% UVA and UVB protection)

Nutrition

- To quench thirst: boiled water or mineral water with as few minerals as possible; this also applies to bottle preparation
- Check the water quality in the country; 'baby-friendly' water is often available for babies, and this is indicated on the water bottle. This applies to countries with poor drinking water quality
- Consider taking formula (powder) with you, depending on what is available in the country

- Wash fruit and vegetables thoroughly and peel or cook them
- Be cautious with unfamiliar food
- Avoid ice cream sold in open containers
- Avoid unpasteurised raw milk
- Increase fluid intake as needed (water, unsweetened tea for older children)
- In very hot weather, offer fluids at regular intervals (Young children often do not say when they are thirsty)

Personal hygiene

- After swimming in the sea, wash the child with fresh water, paying particular attention to skin folds and the genital area; dry thoroughly and apply cream as needed, as sun cream tends to dry out the skin
- Sun cream must be washed off in the evening to prevent blocked pores and irritation caused by residue
- Change nappies more frequently (warm, damp, sore); air therapy helps prevent soreness

Clothing

- Clothing suitable for the child's skin type and the temperature
- Beach sandals as required (hot sand, stony shores)
- Wear light, long-sleeved and airy dresses (cotton, linen, preferably dark colours such as navy blue)

Insect protection

- Mosquito screens (close windows at dusk)
- Mosquito net
- Insect repellent lotion or spray (from 12 months), check for skin compatibility or use an insect repellent wristband --> Ask for advice at the pharmacy
- Clothing: Long sleeves and long trousers (breathable) are ideal for covering the skin and making it harder for mosquitoes to bite (harem trousers with elasticated cuffs)
- Avoid dark and colourful clothing, as this attracts mosquitoes

Entertainment

- Bring along favourite toys, favourite blanket, cuddly toy, dummy (including a spare) etc.
- Toys for indoors and outdoors, beach toys suitable for the child's age and the holiday destination
- Ball, picture books etc.

Outings

- Pram (suitable for the holiday destination)
- Baby carriers
- Adapt outings to the child's stamina (heat puts strain on the body; ensure plenty of rest breaks and fluids)

First-aid kit

- Discuss medication with your paediatrician: Fever, pain, diarrhea, vomiting – as required and on medical prescription
- Tweezers
- Dressing materials / plasters
- Child-friendly antiseptic for wound treatment (e.g. Bepanthen Plus Spray, Merfen Spray)
- 0.9% saline solution (NaCl) as nasal drops
- Vaccination record
- Health record

Emergency numbers

- Paediatrician + GP
- Leaflet “My child is ill” <https://www.bs.ch/publikationen/mein-kind-ist-krank-was-tun>

What to do if:

Fever

- Important: Babies under 3 months must be examined by a paediatrician!
- Monitor older children to see how they are feeling
- Check their temperature regularly. Take a rectal temperature depending on the child's age
- Dress them in light clothing; do not cover them
- Offer plenty of fluids
- Lukewarm calf compresses (only if legs and feet are warm), WARNING: calf compresses should not be used on children under one year of age
- Store fever-reducing and pain-relieving medicines in a cool place (paracetamol suppositories, drops, syrup)

Diarrhea

- Continue to breastfeed
- Offer plenty of fluids (for older children, a special rehydration solution from the pharmacy)
- Light diet
- Offer small amounts of constipating, easily digestible food such as banana, grated apple, cooked carrots and rice
- Important: Monitor the child's condition

Vomiting

- Continue breastfeeding
- Offer young children plenty of fluids, in small amounts, spoonfuls of tea (still Coca-Cola, special rehydration solution from the pharmacy)
- Do not offer milk again until the child has not vomited for several hours (dilute with tea at first if necessary)
- Do not offer solid food until the child shows an appetite and is hungry again
- Itinerol B6 suppositories as required (store in a cool place) – prescription required for toddlers

Nappy rash

- Air therapy
- Wound cream (zinc-based)
- Wash with sage tea

Insect bites

- Remove the stinger
- In the case of insect bites around the mouth or throat, react immediately due to the risk of choking!
- Disinfect the bite site, dab with onion, vinegar or saliva as needed, cool with ice (caution: cold burns!)
- Cool compresses, gel, spray or cream as needed (Euceta, Fenistil gel, Feniallerg drops, Combudoron Weleda)

Tick bite

- Check for ticks after a walk in the woods
- Pull the tick straight out with tweezers, disinfect the bite site
- Note the date of the tick bite
- Mark the bite site and monitor it; if ring-shaped redness (which may also appear elsewhere on the body) and fever develop, see a doctor immediately

Sunburn

- Cool compresses
- Apply a cooling gel, spray or cream (Euceta, Fenistil, Combudoron Weleda)

Important: In an emergency or if you are unsure, always contact a doctor!