

Holidaying WITH BUMP

Babymooning has become quite a ritual, but travelling while pregnant is a little different to getting around as a single lady...



{ PLAN YOUR BABYMOON }

At this moment, planning a getaway is probably the last thing on your mind. You've still got to set up the nursery, tick off all those routine tests, help plan your baby shower – not to mention the fact you're trying to save every cent! But this is one of the most important times for you and your partner to get away, to cherish every moment together before your new life as a family begins. Here's how to plan the perfect babymoon.

Timing is everything

We're not just talking about the weather at your chosen destination. Before you book anything, you'll need to make sure your time away doesn't coincide with your 'no fly' time. As a safety precaution, Australian airlines limit the travel they allow pregnant women to do: you'll need medical clearance to fly with Virgin Australia, Jetstar and Qantas if you've had complications during your pregnancy or if you're more than 28 weeks at the time of travel and, in some instances, you won't be allowed to fly from 32 weeks.

On location

Since pregnancy can make even the most fit woman feel tired, you'll want to visit a destination that doesn't involve too much exploration and adventure. So where would you like to go? Somewhere cool like New Zealand or Tasmania, or somewhere warm like Fiji or the Whitsunday Islands? If you choose the latter, make sure the island doesn't have water warnings for the season you'll be visiting (stinger season can really ruin a trip) as you'll definitely want to partake in a few belly-soothing floats, and book accommodation that has a decent air-conditioning system.

If you don't like the idea of being stuck in an airplane cabin with strangers for hours on end or being too far away from home, book a road trip to somewhere nearby.

The picture of health

It goes without saying that if you can't afford travel insurance you can't afford to travel. At the end of the day, it could just give you peace of mind, but if something unexpected happens it could save you thousand of dollars at a time when you need it most.

That being said, it would be a lot nicer to not have to use it, so reconsider travelling to destinations with health or safety warnings in place (contracting malaria, for instance, could have a devastating effect on you and your unborn baby). Keep up to date with travel warnings on www.smarttraveller.gov.au.

If you're planning to go overseas, find out what kind of medical care is available, then ask your doctor if it would be suitable for you – just in case you go into labour early.

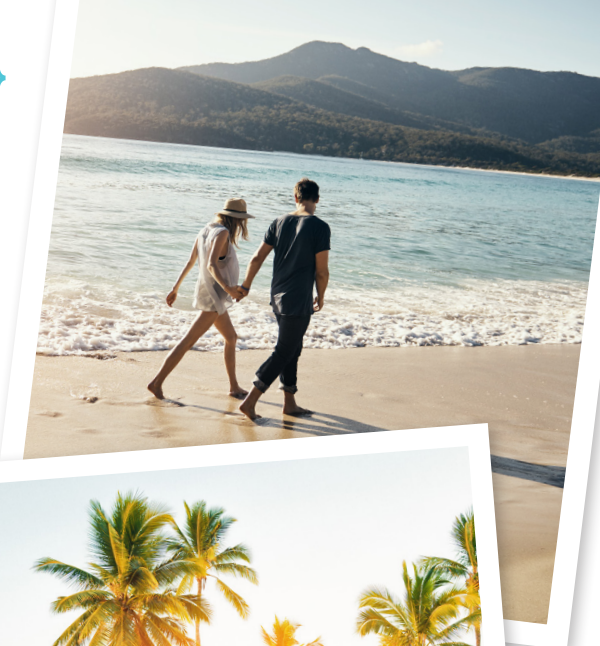
Food for thought

Some destinations may not be allergy-friendly in terms of food, so get in touch with any resorts or tourist information centres to see if they cater for the gluten- or dairy-intolerant, vegans or any other culinary request you may have. There's nothing worse than being pregnant and hungry!

Keep in mind, too, that the water at some destinations is not safe to drink, so always opt for bottled beverages and don't swallow shower or tap water.

Look after number one

Your hormones are going wild, emotions are running high and, if you're being honest, there are countless physical changes you aren't too happy with. But you know what? All that will take a back seat once you step away from your everyday life and slip into holiday mode. Have that sleep-in, walk around in just



a kaftan, book in for a shampoo and condition at a salon (for the simple reason that then you don't have to do it yourself) and indulge in a much-needed pregnancy massage. Shivanjani Lata, an award-winning massage therapist at Outrigger on the Lagoon resort's Bebe Spa in Fiji, says the latter is one of the best holiday gifts you can give yourself.

"When you come to a beautiful tropical island like Fiji, it's almost a crime to not book a spa treatment. Our prenatal massage using local oils helps to relieve stress and discomfort, such as back aches, headaches and even oedema," says Shivanjani. "It also relieves tension and improves circulation."

Considering a cruise?

There's definite appeal: seeing different parts of the world for one all-inclusive price, only needing to unpack once and lying poolside in the adults-only sanctuary while waiters take your mocktail order. But there's a downside that every well-informed cruiser should be aware of: the risk of contracting norovirus, which causes gastroenteritis.

Considering that thousands of cruise ships set sail every year, in 2016, for

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example, there were norovirus outbreaks on only 11 cruise ships. But you can help prevent contracting norovirus by using hand sanitiser and washing every piece of fruit before you eat it.

In flight

We've all heard about what we should and should not do while flying – and it's even more important when you're pregnant, so here's a recap:

- Book an aisle seat – you'll likely be getting up to visit the toilet and stretch your legs frequently.
- Avoid soft drinks, tea and coffee. Instead, stay hydrated with water – but buy it after you pass through customs, otherwise you'll have to throw it out.
- If you suffer from motion sickness, ask your doctor to recommend a safe anti-nausea medication.
- Renee Welsh, mother of two and co-founder of Booking Boss, advises wearing something comfortable and being strategic when it comes to cabin safety. "Wear your seatbelt low and around the pelvis to reduce pressure on your stomach," she says. "You should also think of your circulation. When you're pregnant, your veins and arteries are under strain and the lower cabin pressure won't help this. Wear in-flight deep-vein thrombosis socks and flexible shoes, regularly stretch your limbs and do exercises in your chair."
- If it's just you and hubby in a row, elevate your feet on his thighs.
- Wear your rings on a necklace or pop them in your purse during the flight, as the cabin pressure could cause your fingers to swell.

Pack your bags

Since baby brain will make this a bit harder than usual, here's a list to guide you:

- Medication (pregnancy vitamins, Panadol, anti-nausea medication, antacids, any regular medication) – pack inside a clear sleeve and, if flying, keep in your handbag or carry-on for easy access.
- Hat, sunscreen, sunglasses, thongs, a beach bag and well-fitting swimwear, if you'll be baby mooning in a sunny place.
- Maxi dresses, kaftans and a nice pair of sandals for candlelit dinners, as well as a cardigan or shawl for cooler nights. Dress in layers, as your body temperature will be fluctuating a lot.
- Underwear and a few supportive bras.
- A comfy pair of pyjamas.
- A heat pack, in case back pain or leg cramps strike.
- Your favourite snack craving – it may not be available at your destination.
- Phone charger.
- Make-up and perfume.
- Insect repellent, especially if travelling to a tropical destination. Double-check that the brand is safe to use when pregnant.
- Your valid passport, if travelling overseas (make sure it doesn't expire before your flight home!).
- Any important medical notes, as well as emergency contact details for your doctor or gynaecologist. If the airline you're travelling with requires a medical certificate from your doctor, make sure you take one along, and keep your travel-insurance documents with these, too. Pack light, and invest in a four-wheel spinner suitcase to lower the risk of back strain.

BABY on board

Missed the opportunity to baby moon and want to travel with your newborn instead? Here are eight things you need to know.

1. Children under the age of two travel free (as they'll be sitting on your lap, secured with a designated seat belt that latches on to yours, or lying in a bassinet, which you'll need to book in advance), but some airlines will not allow children younger than seven days to travel on a plane. On select flights, Virgin Australia has upgraded its bassinets – so if you hit turbulence, there's no longer a need to wake your baby and strap him to your lap. Instead, the new mesh cover allows him to safely remain in their slumber.
2. If you're travelling internationally, your baby needs a passport – leave enough time for it to be processed (the general wait time is three weeks).
3. Take note of when your bub usually gets restless and avoid booking a flight that coincides with that time of the day.
4. In your carry-on, make sure you've got plenty of nappies, wipes, cloths, bottles of formula (if using it), quiet toys and a change of clothes (for you and bub).
5. Some airlines will book your pram in for no additional charge. Take your baby carrier along with you too, to take some pressure off your arms while in flight.
6. The sucking action of feeding can help equalise bub's ears, so try to feed on take-off and/or landing.
7. Don't forget to look after yourself – be sure to eat and keep hydrated, bub needs you to.
8. Remember that your value as a mother isn't decided by what happens on a plane. You can only do your best, so leave the stress of being judged at the check-in counter. 🙋