



# Delay Day Survival Guide for Traveling with Toddlers

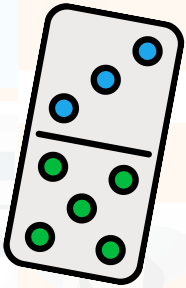


## CARRY-ON COMFORTS



- Reusable sticker book or mess-free coloring book
- Small toys for imaginative play
- Favorite comfort item (blanket, stuffed animal)
- Headphones and tablet with pre-downloaded shows and games
- Extra snacks
- Refillable water bottle or sippy cup
- Wipes, sanitizer, and extra diapers/pull-ups
- Change of clothes for each kid and you

## TODDLER DELAY GAME PLAN



- Rotate, don't dump: Bring out one activity at a time
- Explore: Walk the terminal, count planes, visit shops
- Get creative: Sugar packets = hockey players, right?
- Burn energy: Mini scavenger hunts, 'I Spy' or silly walks
- Snack timer: "After this snack, we'll check the gate again."

## IMPORTANT DOCUMENTS



- Lower the bar. Screen time and snacks are your friends today
- Don't stress about routines—they'll bounce back
- Take turns with your partner if you can
- Breathe, hydrate, and remember: this will end