

HOW TO FEED AND HAVE YOUR BABY NAP AT THE BEACH?



Feeding Tips



For babies below six months, breastfeed them as per schedule or carry ready-made formula milk.

You may carry formula and boiled water if your baby prefers warm, fresh milk.



If the baby eats solids, you may carry travel-friendly finger foods such as carrot or cheese sticks and dried or fresh fruits.

Choose a sheltered place with less sand and carry a rug or mat to sit on.



Make sure to carry eating utensils, wet wipes, baby bibs, and extra napkins.

Tips To Facilitate Baby Naps At Beach



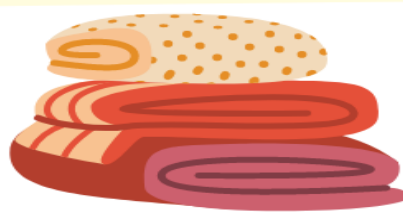
Dress your baby lightly to keep them cool and comfortable when sleeping.

Make sure you allow them to rest when tired in a safe, shaded place.



Pop-up tents or a laundry basket lined with a blanket are great to help baby nap.

Keep an extra blanket handy to have your baby nap comfortably on the sand (if required).



You may carry a small fan to help your baby sleep peacefully.

Reference:

Food Tips for Summer Travel with Kids; Academy of Nutrition and Dietetics