

Bump

Jetting off for a babymoon before you give birth? Follow

Holidaying with a bump is always going to be a little different - you can forget the sun for a start - but there's no reason why you can't enjoy one final jaunt before your baby arrives.

"Getting away is a great thing to do when you're expecting," says Emma Cannon, natural pregnancy expert and author of *Bo and Your Bump* (£14.99, Hodde Books). "It's a chance to reflect on your pre-pregnancy life and to look forward to becoming a mum." And with a little pre-departure planning, you'll return relaxed and ready to embark on the biggest journey of all.

PREPARE FOR TAKE-OFF When you can travel

You'll need to do some important tests and scans in your first trimester, so many expectant mums prefer to stay grounded during their first 12 weeks. Morning sickness and exhaustion can take their toll, but symptoms usually begin to ease once you reach week 14 or 15, so your second trimester is often the most pleasant time to travel.

"Between 17 and 24 weeks is usually the safest time to fly," says

that's when the greatest risk of miscarriage has passed, and it's also before the main risks for pre-eclampsia and premature labour," says Dr Carol Cooper, GP and author of *Baby & Child Questions & Answers* (£12.99, Dorling Kindersley).

How you can travel

You might be thinking, but from 28 weeks most airlines require written confirmation from your doctor or midwife that you're what they call fit to fly. Some carriers will allow you to fly at 34 weeks or over, although some will allow you to travel up to the end of your 36th week, provided you've had no complications. If you're having twins, most airlines won't allow you to fly past your 32nd week.

Call your airline to check their rules and remember to take into account when you'll be flying back home. If you're away and then turn up late, your 32nd week will be over the date you're allowed to fly.

Getting the right travel insurance

"Some policies won't cover you if you're travelling out or returning within 12 or 8 weeks of your due date," says Graeme Studdart from the British Insurance Brokers' Association (www.biba.org.uk). "Others no longer have this exclusion, but are worried that other only complications are covered. This means if the delivery isn't in line with the policies for the chosen medical provider, without a formal acceptance of not a complication of pregnancy," he explains.

Tell your insurer if you've got any complications with this pregnancy or a previous one, get a letter confirming everything - and be aware of any loopholes. "A lot of policies will ask if you've seen a doctor about second born in the last month and whether you've got the condition or a chronic injury that may be violating your insurer's policy," adds Carol Cooper.

If you're heading to Europe, get a European Health Insurance Card (previously called an EHIC), which helps pay for free or reduced cost emergency medical care. Pick up a form from your local post office or go to www.who.int.

You took the bump instead

"My hubby Mark, 23, and I celebrated our last nappy-free New Year's Eve in Paris. At 25 weeks pregnant, I was still able to fly but we didn't want to risk it, so we went by Eurostar and did our sightseeing by bus to save my swollen feet."

Lary Benton, 23, from Rogner Regis, 38 weeks pregnant



on board

our essential tips to make it safe and stress-free from the moment you book your break

Getting vaccines

Mums-to-be are generally advised to avoid visiting countries where they'll need vaccinations to travel because of concerns that the live virus or bacteria in the jab could harm the unborn baby.

"There's no evidence jabs will cause foetal damage but there's a question mark over live vaccines like MMR (mumps, measles, and rubella) and polio, orally given and typhoid fever," says Carol. She also recommends avoiding destinations where you'll need to take anti-malaria tablets. "A lot of the anti-malaria tablets aren't suitable for use in pregnancy and the risk of malaria is actually higher for a pregnant woman," she says. Talk to your GP before you book anything to see what jabs you might need.

ON THE JOURNEY Avoiding DVT (deep vein thrombosis)

Your blood gets more sticky when you're pregnant so your chance of having a deep vein thrombosis (DVT) or a blood clot increases. "You can get very dehydrated on a plane and, because you don't move your legs very much, this can be a risk. If you're pregnant, this can be a risk. If you're pregnant," explains Carol. "Compression stockings can be good, but they're probably not enough to fully prevent DVT."

Tired of the risk for they stay hydrated, keep moving your legs, and take regular walks around the plane. This is useful if you can't book an aisle seat or don't follow travel if they wouldn't mind swapping.

Food on board

Constipation is a common complaint among mums-to-be and can be worse when you fly due to dehydration. It's best to skip the peanuts and snacks on fresh fruit instead, which is full of fibre and has a high natural water content. "It's a good idea to take a probiotic to aid digestion," says

Emma Cannon. "Peppermint tea, cinnamon, and liquorice are also helpful," she adds.

ONCE YOU'RE ON YOUR HOLS Sunbathing rules

A bit of sunshine is bound to give you a boost, but basking in the sun for hours on end can cause overheating and dehydration, which isn't good for you or your bump. To avoid getting hot and bothered, opt for loose-fitting cotton clothing, drink plenty of water and stay out of the sun when it's at its strongest from 11am until 3pm.

Carol also notes it's recommended that you slap on sunscreen and wear a wide floppy hat to reduce your chances of chloasma, commonly known as the mask of pregnancy, which results in brown patches of pigmentation on your face. "It's not exclusive to pregnancy, but it's more common. It does fade slowly over time, but it may not disappear for quite a few months after you've had the baby," she explains.

Playing safe while there

There are some activities that are best left until after your little one arrives, such as scuba diving and high-impact sports like surfing. "High altitude is not a good idea either because of the lower levels of oxygen in the air," advises Carol.

Do and don'ts for sky-high snacking

Emma Cannon's tips for feeling good at 30,000 feet

DO drink plenty of still water to keep hydrated as the air in the cabin is much drier than normal.

DON'T load up on tea and coffee. It's tempting but the caffeine in these drinks will only dehydrate you further.

DO go for foods that may help thin the blood, like grapes, prunes and cherries.

DON'T eat salted foods, just before or during the flight. Snacks like crisps and peanuts will just make you more thirsty.

How to South America

"When I was 20 weeks pregnant with my son Elijah, I flew to Argentina to visit a friend just before my second scan. While I was there, I even took a ferry to Uruguay on my own. The hardest part about travelling with a bump for me was saying no to local delicacies like paté and red wine."

Carla Stewy, 28, from Haywards Heath, mum to Elijah, 23 months



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SPECIAL PRICE £12.99 (incl P&P (UK only). Read more of Emma Cannon's advice in *Bo and Your Bump* (RSP £14.99, out 12 June). To order call 01155 302699 quoting CODE SBO. Subject to availability.



Click it! For more great holiday ideas with a bump or baby in tow, go to

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