

## Babymooning - Risky Travel Trend?

The new trend of Babymooning is taking the travel world by storm.

Just as a honeymoon takes place shortly after marriage, a babymoon is often scheduled after a couple finds out they're expecting a baby.

Sometimes the babymoon comes shortly after the baby is born. This is often done to give mom and dad a much-needed vacation, as well as to introduce the baby to a whole new world.

Five-star hotels and resorts often offer special packages that include gifts for expectant parents and babymooners. The weeks following childbirth can be very trying for new parents; something as simple as having room service and someone to bring you clean towels can be a true blessing.

While all of this sounds great, there are potential risks. Before making any travel plans, the expectant mother should always check with her doctor.

Most doctors agree that travel during the second trimester is probably safest and most comfortable for the mother-to-be. The American College of Obstetricians and Gynecologists (ACOG) recommends that expectant mothers not fly after the 36th week of pregnancy. Many airlines will require a note from your doctor letting them know it's okay to allow you to board the plane. Not every airline requires a doctor's note, but it's better to think ahead and be prepared.

The risk of miscarriage is greatest during the first trimester, even in the healthiest women. However, most of the risks associated with flying during the first trimester involve the mother's discomfort. Though relatively safe, flying can exacerbate first trimester issues, such as morning sickness. Even mildly congested sinuses can become much worse once you're in flight. If you plan to travel during your first trimester, be sure to include a few extra airsickness bags just in case.

The second trimester is when flying is most recommended. Most women feel the most comfortable during the second trimester.

Usually by the second trimester, morning sickness has subsided, the risk of miscarriage is much lower, and there's little risk of premature labor.

The biggest concern of travelling during the second trimester is circulation. Pregnancy itself often causes problems with circulation, and flying increases the chance of developing blood clots.

It is very important to keep the blood flowing by wearing comfortable, loose clothing. Compression stockings will help keep the blood flowing from the legs to the heart and lungs. Make sure to drink plenty of water and avoid crossing your legs.

To assist in circulation, get up and walk up and down the aisle at least every hour. Flexing your feet and ankles and wiggling your toes also can help increase circulation. This also helps with potential swelling problems.

Third trimester travel, before the 36th week, is usually okay. Flying late in the third trimester, however, is not recommended.

The expectant mother is much more uncomfortable, and the risk of going into premature labor is much higher than in the first and second trimesters. Checking with your doctor prior to travel is, as always, highly recommended. Make sure your health insurance is up-to-date and will cover the baby if she arrives early. Take copies of your medical records with you and keep them close during the trip. If you begin experiencing contractions at any time during the flight, notify someone immediately.

Planning your babymoon should be an exciting time for you and your partner. This celebration of the creation of a new life should be a wonderful and relaxing experience. When booking your [hotels](#) or resort, be sure to ask what is included in various babymoon packages.

Many hotels and resorts offer great snacks that satisfy those late night cravings and even offer room service to deliver them. In addition to great gifts and snacks, most babymooning packages include couples massages, parenting classes and walking tours.

## About the Author

Tribune Properties produce a series of European travel sites, including for Tenerife.

Yourtenerife.net has [cheap holidays in Tenerife](#) and accommodation, the airport and the all important [weather in Tenerife](#)

