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JUN 20

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10 Tips for the Perfect “Babymoon” Getaway

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What’s a “babymoon”? It’s the new honeymoon. Check out these inspiring tips for a relaxing getaway for expectant parents; it’s all about rest, relaxation, and quality time together.



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Many years ago when I had children, the concept of a “babymoon” had yet to come about. Now, babymoons are all the rage with young, expectant couples planning that one last lovely fling before they settle down to diaper changing and sleepless nights. Here are 10 tips for planning the perfect babymoon.

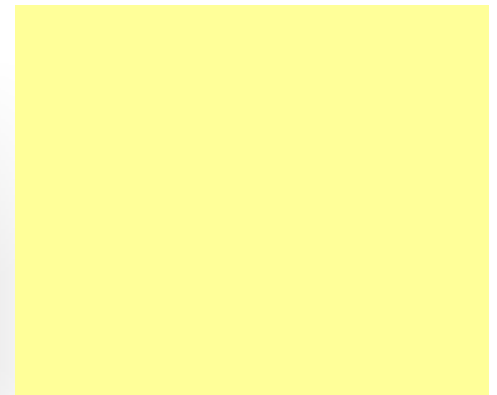
1. Go early

You don’t want to go into labour on your babymoon, so a trip during your first or second trimester is your best bet. Many airlines won’t let you fly when you are further along anyway, and even a long car trip is not a great idea when you are toting that protruding tummy. Besides, by the end of the pregnancy, you may start to feel more animosity than affection towards the man who got you into this condition, which doesn’t bode well for a romantic getaway.

2. Don’t plan a family-style vacation

You are going to be taking plenty of family vacations; this is the time to check out that adults-only, all-inclusive resort you have been dreaming about. Some resorts even offer special babymoon packages so shop around for the best deal.

3. Choose a place that appeals to both of you



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This is a time to be together, not set off on your separate pursuits. A little alone time is healthy for a relationship but make sure to allow plenty of time for activities you both enjoy.

4. Schedule ample time to relax

Relaxing in the sun with a (non-alcoholic) drink in your hand is a great idea for this vacation (as opposed to trekking for days through the jungle to see deserted ruins). Make sure your destination offers plenty of leisure activities — and take full advantage of them!

5. Pamper yourself

This is the perfect time for a pampering spa visit and other indulgences that make you feel completely spoiled. The baby will be the one getting spoiled soon enough.

6. Fly direct

Even if it's early in your pregnancy, you may still be uncomfortable taking longer trips. Layovers—while good opportunities to stretch and freshen up—can extend your travel time significantly. Flying direct will ensure you spend less time in transit and more time enjoying your destination.

7. Show off your baby belly

You may be surprised how many people are willing to offer a pregnant lady some privileges. A room upgrade? Done! Move to First Class? Done! At the very least you can expect to be treated with an above-average level of care and consideration.

8. Take care of yourself

Wear your seatbelt low over your belly, keep moving every couple of hours if you are flying, and don't be afraid to ask for additional help and support to stay comfortable.

9. Be prepared in case of an emergency

Know where your nearest hospital is and ensure your accommodations offer adequate medical care and resources. It's unlikely you will have to rely on medical treatment, but it's best to be prepared. Check in with your OB/GYN before you plan the trip to hear their advice and any special considerations you may need to be aware of. Obviously, you don't want to go where the water supply is questionable or food preparation is suspect.

10. Focus on your relationship

Both your lives are about to change quite drastically. It's important to take this time to enjoy each other, talk about the future, and feel calmly prepared for the exciting time to come.

Your babymoon is a chance to celebrate each other and the fact that you have been so blessed. So take time to relax, reflect, and enjoy some quality time together!

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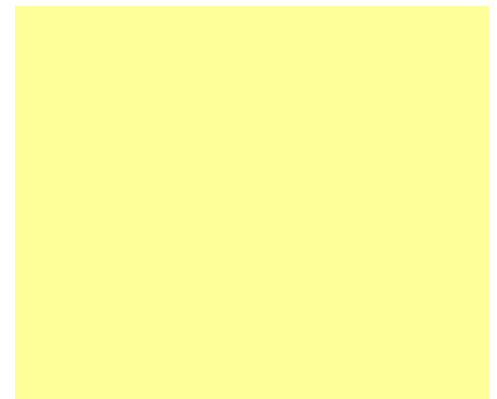
JAN ROSS





After a lifetime of travel, Jan Ross can pack a bag and hit the road with very little notice, although she will always have a little black dress and some snazzy shoes in there. She loves to travel with her husband of more than 35 years as he is a great photographer and she is often way too busy having fun to think about taking pictures. Active travel or relaxing, she is up for it all!


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