



PRESS RELEASE

“When journeying with children you feel you are living life to the fullest: Living right.”

Dr Halfdan Mahler (Director General Emeritus, World Health Organization)

Fawzia Rasheed de Francisco, author of the new *Rough Guide to Travel with Babies and Young Children*, is passionate about travel with children and finds it hugely beneficial for parents and children alike. She feels that traveling as a family enhances not only the travel experience itself, but will have lasting benefits for everyone long after they return home.

*“The slower pace that children demand ensures you really get under the skin of the places you visit, and having kids along makes a noticeable difference to how people interact with you. But more than that, travel almost always has a positive effect on the whole family: children’s natural capacity to stop, be absorbed and play tends to cross over to adults once we’re freed from the pressures of daily life, and this paves the way for some truly fantastic moments together”*

Thoroughly researched, *The Rough Guide to Travel with Babies and Young Children* relies not only on the author’s extensive travel experiences with her own children, but draws together the advice and wisdom of hundreds of parents, grandparents, children and travel professionals. Anecdotal tales and insights from many of them pepper the book.

Contributors come from all walks of life and include personalities such as globetrotter Tracy Edwards, Gillian Anderson (actress), and Jamie Oliver (celebrity chef).



NOTES FOR EDITORS

### The Rough Guide to Travel with Babies and Young Children

NEW TITLE

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\$15.99 / \$21.99 Cdn



Fawzia recognizes that the idea of a trip away with children can feel anything but relaxing. The key to making it work is to be well prepared. "You'll need more than the usual dose of common sense, though, as travel with kids demands quite a different approach than an adults-only jaunt."

So, if you're paralyzed with the typical "what if?" questions (Will the children adapt to new places? Eat the food? Catch some exotic disease? Get lost among a horde of sightseers?) or plagued with images of in-flight tantrums or toppling mounds of luggage, this book should give you the ammunition you need to be able to breeze through the challenges and enjoy the good parts.

Designed for busy parents, information is well organized and easily accessible, taking you through the planning process and packed full of money- and time-saving tips as well as insider advice on how to get the most from your trip. Checklists summarize the important points from what to pack and first-aid kits to what to bring on the plane. Throughout the book, the text is tailored to include the needs of single parents and those whose children have special needs.

**Preparation** covers all the pre-departure steps, including immunizations, planning your itinerary, what to take, and how to get it all there without a slipped disc.

**Making the Journey** has practical tips on how to handle the journey, as well as general advice on things such as motion sickness and keeping the peace.

**Being There** tells you how to get the most out of your time away, be it a beach trip or trekking in the Himalayas. As well as advice on the basics such as child-proofing your room or using public transportation, there are suggestions on how to pre-empt possible challenges and deal with things when they do go wrong.

**Around the World** gives a region-by-region summary of practical insights to make your trip run smoother, from whether you can get formula milk in Polynesia or car seats in the Caribbean, to greeting etiquette across Africa or the question of breastfeeding in the Middle East.



### About The Author

Born in Australia, to parents of mixed descent (English South African and Bangladeshi), Dr. Fawzia Rasheed de Francisco started her travels early. With a doctorate from the London School of Hygiene and Tropical Medicine, she began her career as a medical research scientist. Fawzia later moved on to advise 16 governments in public health policy before working at the United Nations as a Senior Policy Adviser.

In the course of her travels and work, she has taken her children along wherever possible - often to places and in conditions she wouldn't necessarily recommend to others, and has lived with them for over a year in destinations as diverse as Bangladesh, Colombia, The Gambia, and Switzerland. Her eldest son started his travels at 6 weeks and celebrated his first birthday on his fifth continent. Her second son began his globe-trekking at the tender age of two weeks old.

Fawzia is a dual British/Bangladeshi national, married to a Colombian, has two sons and currently lives in Switzerland. Throughout her professional life she has raised funds for various causes. Ten percent of the author's royalties from this book will go to projects to support disadvantaged children through One Parent Families/Gingerbread and BRAC-UK.

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