

## Benadryl babies are better on Airplanes

Parents of restless children on airplanes are doing the unthinkable – enjoying their flights!

“Benadryl can be helpful when you are taking young children on a plane,” [says Dr. Harvey Karp](#), author of [The Happiest Baby on the Block](#), and [The Happiest Baby Guide to Great Sleep: Simple Solutions for Kids from Birth to 5 Years](#). But he also warns that parents should try dosage beforehand because Benadryl has the opposite effect on some kids.

Movie time!

While frequent usage of any drugs is a stupid idea, a strategic plan for helping your child cope with a difficult journey or stint indoors can include certain over-the-counter drugs to help everyone enjoy themselves a little more.

The Children's Hospital in St. Louis even offers a [dosage overview](#) for Benadryl and children. For example: 20-24 lbs can receive 3/4 tsp (3.75ml) every 4-6 hours. (NOTE: This is actually MORE than the Benadryl box recommends.)