



GLOBETROTTING BABIES

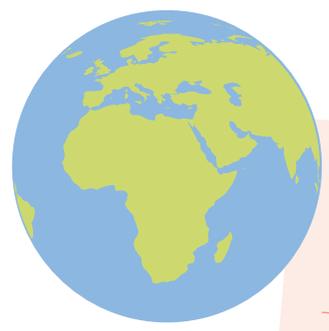
*Tips for a happy cruising holiday
with your little ones.*



WITH THANKS TO



MY CRUISE



itinerary

date

ship



my name is _____

months _____







MUM, DAD, WELCOME ABOARD!

We're waiting for you with open arms! You'll feel **completely at home**, with endless opportunities to relax and be entertained. We're all here, on board, ready to make your holiday the most relaxing and exciting you could imagine.

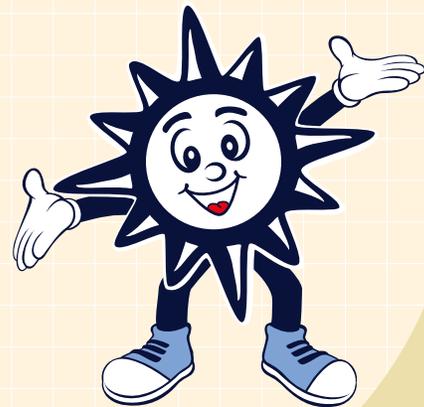
Your little boy or girl is about to start a fantastic voyage and we're ready **to welcome them on board, taking the utmost care of them and showering them with attention**, to make this holiday as good for them as it will be for you!

We have put our **hearts and souls** into planning every detail of the cruise for your little ones. Because at MSC Cruises we too are parents, aunts and uncles, grandmothers and grandfathers...

We've designed it for your children, for children all over the world, as if they were our own.

We asked the **Osservatorio Chicco**, Baby Research Center, to partner with MSC to offer you a **holiday that is "tailor-made for babies"**.

But we know that mums and dads are entitled to a holiday too, and a cruise on our fabulous, welcoming ships, offers this in more ways than one!





PLAYING TOGETHER, IN A PROTECTED AREA

Mum and dad, we're waiting for you and your child at the Mini Club, which is **reserved for our youngest guests (under 3 years old)** for hours and hours during the day, allowing them to play with you and other children of their own age from many different countries. In the meantime, you can make friends with other parents holidaying with their children.



OPENING HOURS

You can enjoy the Mini Club, a dedicated facility for young children, with your child at these times

SHIP DOCKED

Morning: **8:00-10:00**
 Afternoon: **16:00-18:00**
 Evening: **20:00-21:00**

SEA DAYS

Morning: **8:00-10:00**
 Evening: **20:00-21:00**

NEW! MSC BABYCARE SERVICE

Do you want some time to yourself? MSC has thought about mums and dads too, offering you the opportunity to drop your children off at the Mini Club where they will be looked after by qualified and dedicated staff who will let them play. Subject to prior booking, limited availability, for children between **1 and 3 years old** (not inclusive). Available at the following times, exclusively when the ship is sailing: between **13:00 and 14:00** and between **18:00 and 19:00**. Completion of a registration form is required. Ask the Mini Club staff once you're on board.

Times may vary depending on the ship or route chosen



ACTIVITIES WITH CHICCO TOYS

You'll find the most modern, fun and educational toys, chosen for you by the Osservatorio Chicco, Baby Research Center. Activities include:

- **Let's speak English:** let's play in English with Chicco bilingual toys
- **Rhythm and music:** playing with music is such fun
- **Mini Olympic Games:** start by crawling and then...
- **Meet our mascot Dorebaby**





THE SPLENDOUR OF OUR SHIPS: A DREAM HOLIDAY

What is an MSC cruise ship?

A **wonderful and unimaginable world.**

A big hotel? It's much more than that, it's a small city: with a town square, bars, cafés and restaurants, spacious lounges, shops, a theatre and a casino, lots of music and dancing.

Plus, there's a hairdresser, a gym and wellness centre, a pharmacy and a doctor...

It's an island overlooking the sea: with a magnificent shore, where you'll find swimming pools and whirlpool baths, a bar, solarium and towels for your convenience...

Mediterranean values are part of our DNA: loving life, eating well and knowing how to take your time. Our home is your home, because we have a **real vocation for hospitality**, with a simple and spontaneous approach that comes from the heart.

The company has a long and **important maritime history.**

Born on the sea, for the sea.

Every jewel in the modern fleet is **spectacular, state-of-the-art and environmentally friendly:** ships designed to offer guests unforgettable moments. You'll discover this on board, because an MSC cruise is known for its attention to detail!

For more information visit our website at:
www.msccruises.com



For families with babies, there are **two great advantages to holidaying on one of our ships:**

- the opportunity to travel and discover the world with the comfort of always sleeping in the same bed, **without packing and unpacking your suitcases**
- the luxury of having all the **services just a pram ride away**, there are no barriers or obstacles on our ships and it's easy to get from one place to another.







NEW TASTY DELIGHTS FOR GROWN-UPS AND LITTLE ONES

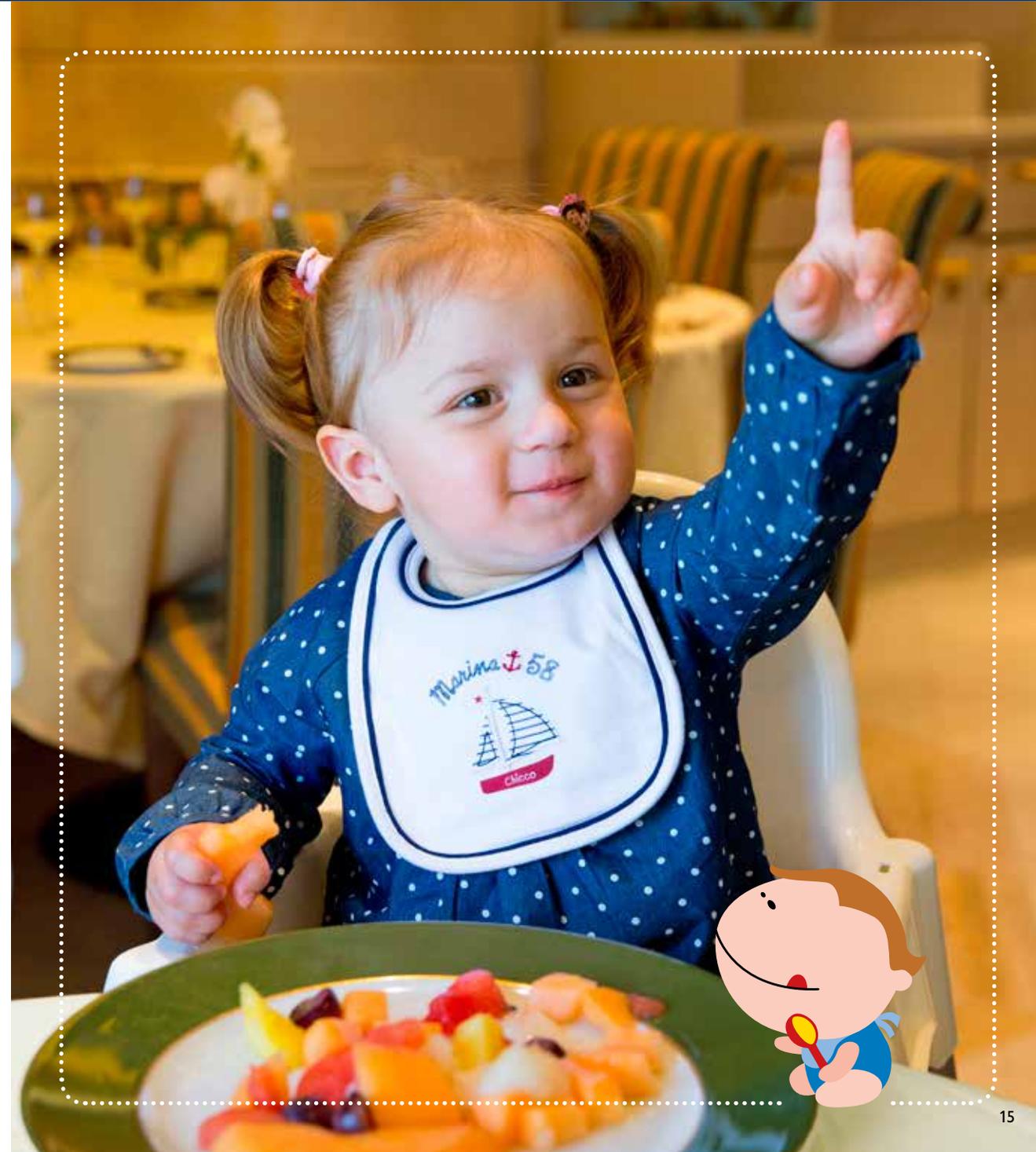
How wonderful for adults and children alike to choose from the many delicacies available every day, discovering new international and exotic flavours or delicious “MSC signature dishes” inspired by the **Mediterranean diet!**



Pizza anyone?
You'll find the *best pizza at sea*, cooked to perfection with top quality ingredients! All together at the table, enjoying the happiness that food brings and with no time limits, as the **Buffet is open 20 hours a day.**

And for your babies?

Bottle warmers are available in specific places on all our ships: contact Reception – Customer Services for information once you're on board. If your baby is being weaned, all you need to bring is your child's favourite baby food. **Pasta soup, chicken breast and thin grilled steak, ham, cheese and desserts** are available in the restaurant every day. Ask the Head Waiter or his assistants.





For older children, you'll find a wide selection of dishes on the "**Children's Menu**" to help your child learn to explore tastes, flavours and colours like a real "baby gourmet". Starting with a delicious breakfast of pancakes, muffins and mini croissants, mini waffles, chocolate chip cookies, mini toast or scrambled egg with cheese. There's also yoghurt, fruit salad and fresh fruit...

And what about dinner? Mini pizza, potato gnocchi, pasta shells with ham and fresh cream, steamed fish fillets with extra virgin olive oil and parsley, chicken and turkey hot dogs, the unmissable chips, ice-cream and chocolate cake...

Varied and colourful menus, with a special selection of healthy and tasty dishes to keep our youngest guests happy.

Every day, the smell of **fresh bread** baked in our on-board bakery will waft past you.



Cooking is fun as well: **Baby Chef**, for 2-to-3-year olds. A **dedicated area** for them to get messy in the kitchen during the highly successful Doremi Chef event. Just think: supervised by the Chef and their parents, the kids will prepare a tasty pizza! Doesn't that sound great?

(You'll find all the details in the Daily Program.)



DISCOVERING NEW FLAVOURS

BY



Even for very young children, holidays can be an opportunity to try a different meal time experience and discover new foods.

Children **adapt easily**, more so than you think, and they are innately curious: they're interested in new flavours and are attracted by the unknown dishes they see on the table. That's why it's a good idea to offer them **a variety of different foods**, from when they are weaned, as this gets them used to diversity, stimulating their curiosity and their desire to experiment.

By familiarising them early on with different flavours, children learn to accept all kinds of food, becoming less suspicious of new foods, subject to their natural likes and dislikes, refusing less and avoiding excessive fussiness: it's the best start for **a healthy diet**, which must be varied and nutritionally balanced.

It is equally important for children to develop a positive attitude to food that will see them through to adulthood.

Clearly, the food offered must fulfil children's **nutritional requirements** throughout the various stages of growth, while imaginative and inviting presentation can stimulate the laziest children and excite the more curious.

Starting with liquidised food made with vegetable stock, cereal flours and white meats, you can begin to introduce red meats, fresh cheese (even parmesan), small pasta shapes and rice.

After 9 months, babies can start to eat vegetables and fish and, once they are 12 months



old, they can try all the main foods and will begin to develop their own personal tastes. It is best to avoid anxiety or conflict and to try to accommodate their preferences. Now they will want **to try feeding themselves** with food chopped up in small pieces and served in separate courses. Once they are 3 years old, children can eat like the rest of the family, provided that food is cooked naturally, avoiding fried food and excessive use of fats.

Remember that weaning and the gradual progress made by children at the table are **fundamental stages towards independence**, even though initially they might involve a few failures and inevitable messy results that test mum and dad's patience!





AND BABIES BECOME GLOBETROTTERS

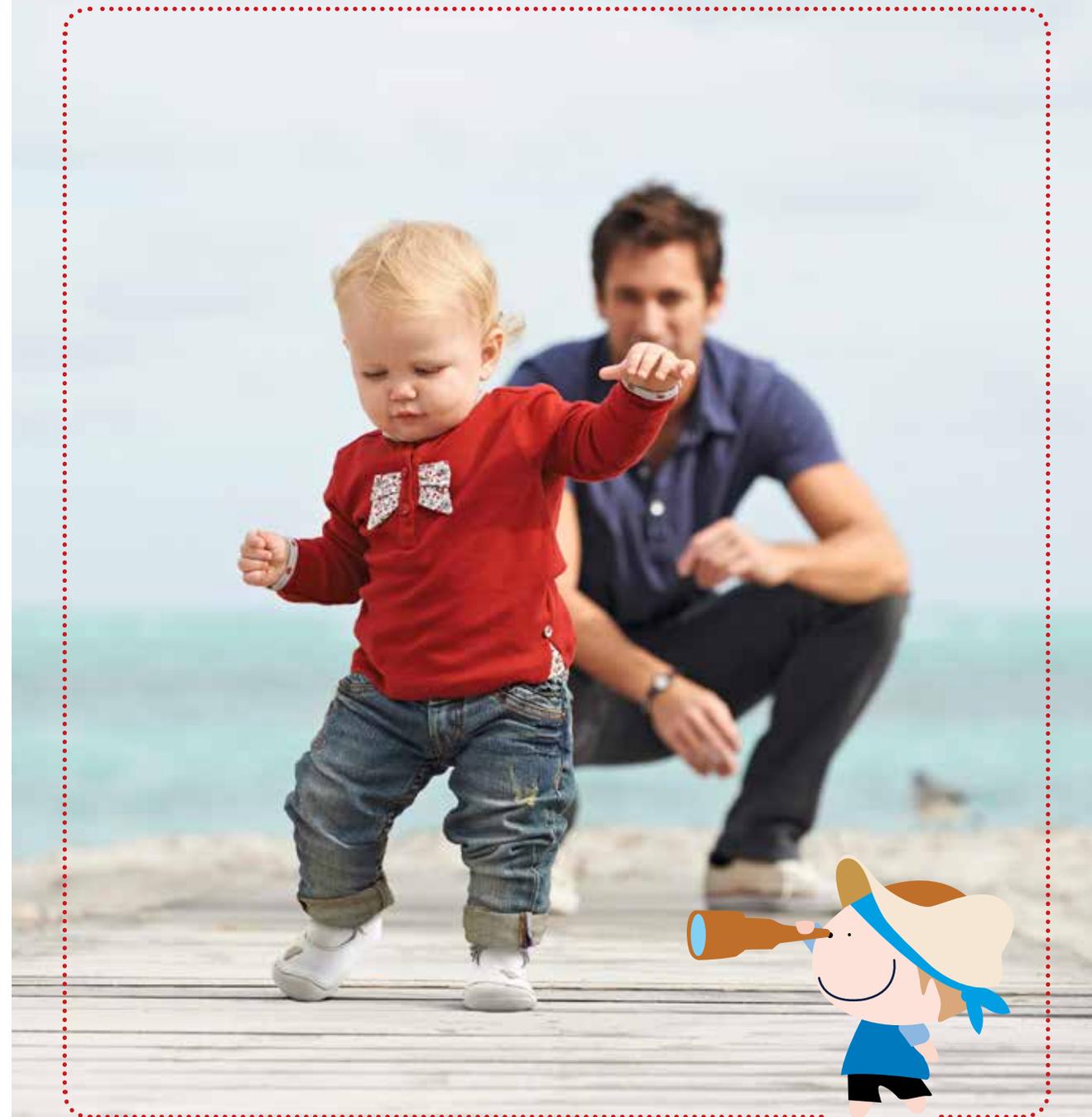
What are our cruises like? They are the most beautiful holiday you could dream of, a unique and unforgettable experience.

All our itineraries are designed for you to travel the world, stress-free, every day of the year... **From the Caribbean to the Mediterranean, Northern Europe to South America, the Canaries to the United Arab Emirates and South Africa,** you'll discover unspoilt beaches, fascinating cities, famous tourist destinations, historic monuments and archaeological sites, choosing from the wide range of excursions we offer.

Families with children have a choice of **"Family Tours"**, with suitable times and places to visit, for a special price.

Children are curious and inquisitive from an early age and remember much more than we can imagine.

For their future, introducing them to the pleasure of travel is one of the best gifts we can give them!





LET'S BROADEN THEIR HORIZONS

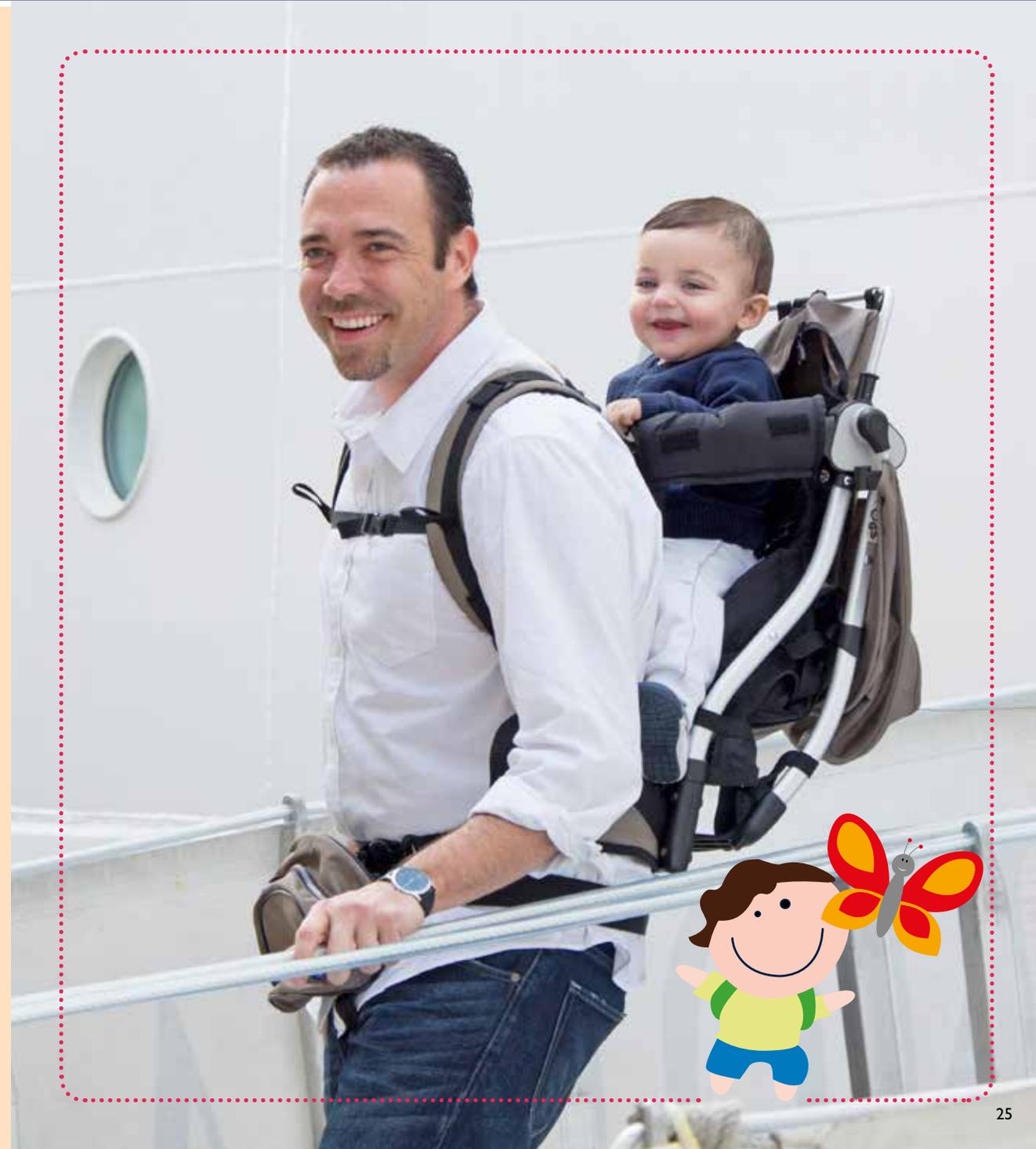
BY



During their first years of life, children are exceptionally curious and **eager to learn**. Their minds are lively, receptive and open to new horizons, not just geographically speaking. New experiences, therefore, fuel their growth.

Children love travelling: there is a priceless fascination in observing, exploring, **revelling in the discovery of people and places**, colours and scents, together with mum and dad.

Journeys are an opportunity to experiment with **lots of new things** that are so stimulating that children will have no problems accepting a possible change of schedule or routine. If children are very young, however, it's good to take into account their needs and rhythms and, if necessary, allow them to follow their routine, in a protected and child-friendly environment.





SOCIALISING

BY



Children love being **with their peers**. They start by observing and imitating them and, as they grow, they learn to interact and relate to them.

At all ages, **they use the universal language of play** to communicate. Especially in their first few years of life, when their vocabulary is still limited, they use gestures to express their wishes and their desire to be together, even if their playmates look different or speak another language.

Holding hands or sharing a toy or an activity are non-verbal expressions that transcend differences.

Children don't notice individual differences and experiment with the company of other children naturally.

By sharing an international experience, spending time with children from other countries, they may pick up the sound of a foreign language, become aware of the existence of realities that are different from their own and get used to **opening up to the world, overcoming barriers**.





PLAYING TO GROW

BY



For children, playing is more than just a pastime, **it's their "job"**. They become deeply involved in it, commit all their energy to it and it helps them acquire and consolidate many new skills. It is also the first and main opportunity to develop their personality, exploring their relationship with themselves, their emotions and other people.

As such, **toys play an important role** and are a fundamental tool for children's growth. They must, therefore, be chosen carefully and always be suitable for every stage of their mental, physical, cognitive and motor skills development. In their first few months of life, children learn about the world **through their senses**, observing, handling and listening. Their environment should, therefore, be full of stimuli and toys that are easy to pick up.

After 9 months, their motor skills are increasingly secure: **it's time for them to explore**, crawl and take their first steps. Toys that roll, move, disassemble and reassemble become fascinating to them and allow them to experiment with coordinating their movements, including the most precise ones. Also fundamental are toys they can ride, sit on or climb, to help and support them when experimenting with their motor skills.

During their first year of life, they have a great ability to pick up the sound of language, including foreign languages, which children can assimilate easily. This might be the best time to expose them to different languages, particularly using bilingual toys.



After twelve months, they love trying **to imitate adults' activities** and prefer toys that simulate the adult world.

Once they are two years old, children are increasingly independent and start **to build an image of themselves** and their identity. They like being a protagonist in their own games, preferring ones that respond to their instructions, like remote controlled or interactive vehicles, which allow them to express their irrepressible desire to communicate.

They are developing **their imagination** and their use of symbols to interpret, see and feel the world. Toys that allow them to invent roles and actions are therefore recommended. They begin to relate to other children who increasingly attract their attention.

It's important for them to have toys that are appropriate for their age and their gradual progress, but it's equally important for **mum and dad to play with their children** to gain a better understanding of their character, interests and deepest emotions. Playing together strengthens the bond between parents and children and promotes a positive emotional relationship, which is so important for children to grow up without worries.





NAPS AND CUDDLES

If you haven't travelled on a cruise with us before, you will be amazed by our cabins – real hotel rooms – because of their incredible **comfort and well-organised space**.

Whichever type you choose – Balcony cabin, Ocean View cabin, Inside cabin – you'll find the same facilities and service.

Your children will sleep with you, in the cot beside your bed. And they will sleep so well in the hushed tranquillity of the ship...

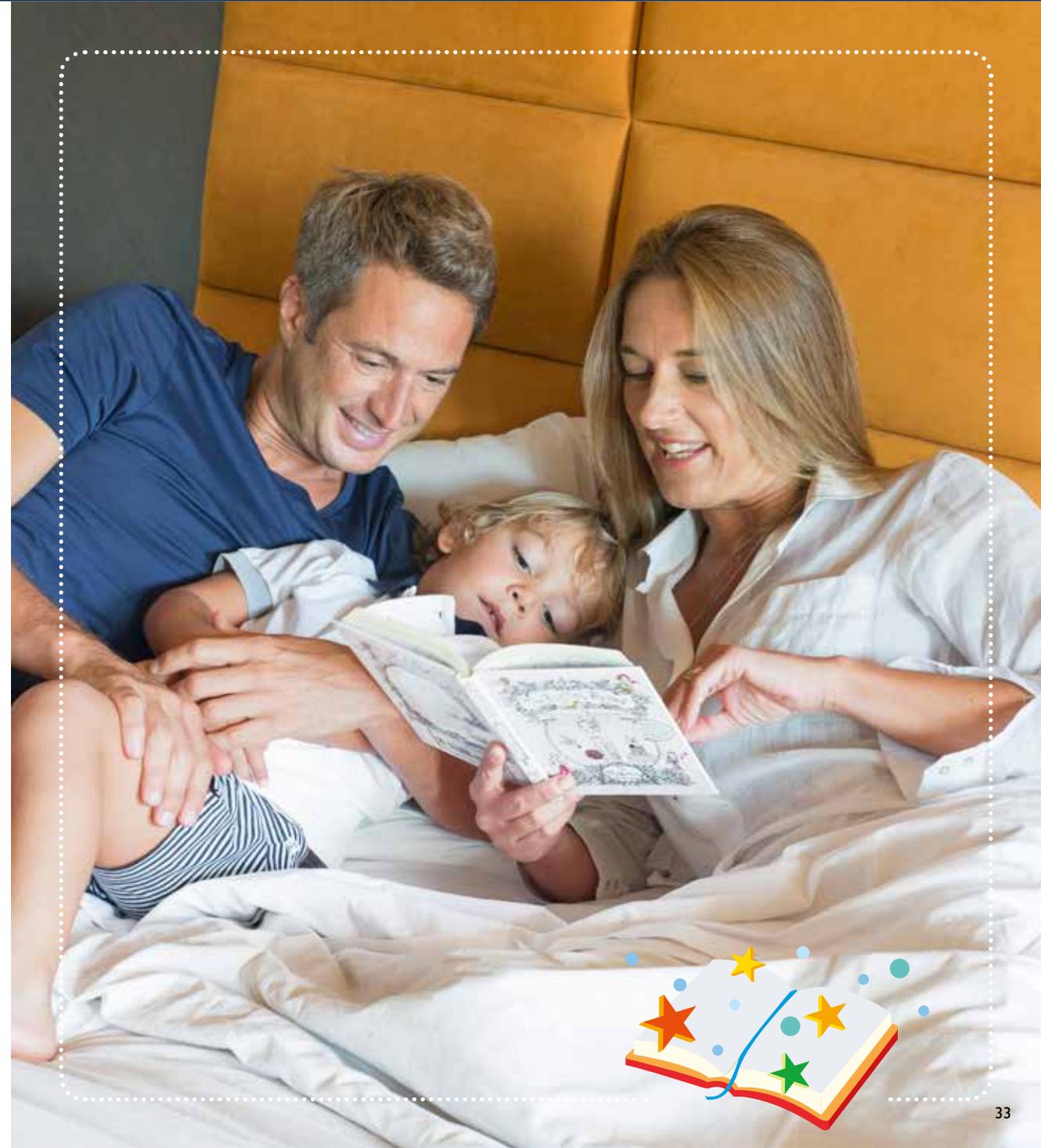
Leave the cuddles to us!

Every member of our crew, starting with the Captain, is aware that holidays are extremely valuable to our guests. And should be unforgettable!

Smiling and helpful, they'll put their heart into looking after you. You can turn to them for anything you need and you'll find them ready to make your wishes come true.

And, at last, mum, you can stop thinking about everything as usual and **treat yourself to some valuable "me time"**.

Discovering the real luxury of having time to yourself!





THE BEDTIME ROUTINE

BY



Sleep is essential **to restore the energy** used during the day, moving around and playing, and it's fundamental for children's neuropsychological development.

But children often perceive sleep as a time of detachment from play, from the days' entertaining activities, and particularly as a form of separation from their parents and their reassuring presence, abandoning themselves to something unknown. As a result, children may object strongly and express their fears by crying, particularly if they're in an unfamiliar environment.

In order to overcome this real "resistance" to sleeping, it is always advisable to stick to **a repetitive routine** that accompanies them to bed every night, doing everything calmly and without stress. Putting on their pyjamas, brushing their teeth, saying goodnight to their teddies, reading their favourite story together, are all habits that children will recognise as preparing them for bedtime, as well as cuddles from mum and dad.

Being able **to sleep in a cot beside peaceful and relaxed parents** helps children remain calm, because they can sense their comforting presence and surrender to sleep more easily.

Naturally, **exciting activities and games involving movement** should be avoided before bed. The environment must be conducive to peace and calm: no loud noises but a relaxing and reassuring atmosphere, soft lighting and the affectionate presence of their parents will accompany children in a peaceful sleep.





TIPS AND INFORMATION

There are so many things to remember to take when you're going on holiday, particularly if there's a child with you!

On our ships, you'll find a Chicco corner with a selection of products for early childhood. Here are some useful tips for a stress-free holiday with your child:

- ✓ Choose clothing carefully, based on the cruise destination, remembering, however, that the ship has indoor and outdoor environments with different temperatures. It makes good sense therefore to clothe children in layers, so you can cover and uncover them as needed. In any case, opt for practical and comfortable clothing that allows them to move freely.
- ✓ In the open, children must be protected against direct exposure to the sun, wearing light clothing, made with natural fibres, a sun hat and specific sun cream. It's always best to keep them in the shade during the hottest hours of the day.
- ✓ Don't forget their dummy, teddy, book and favourite toy.
- ✓ If your child has to take any specific medicines or uses any particular products, bring them with you.
- ✓ Remember their travel documents (depending on the journey you've chosen).
- ✓ Bring nappies and your child's favourite baby food with you.
- ✓ You can ask for warm milk to be brought to your cabin, using Room Service, available 24 hours a day (an extra charge applies). Please note that no powdered milk is available on board.
- ✓ Bottle warmers are available on all our ships in specific, well signposted locations. And in your cabin, on request. Contact Reception – Customer Services for information.
- ✓ There is a small fridge in every cabin.
- ✓ Each ship has a limited number of prams available. These can be booked at the Mini Club.
- ✓ Cots and high chairs are available on board. High chairs are located in the restaurants and buffet (ask the waiters for assistance).
- ✓ Medical assistance is available on all our ships.



- ✓ Babies in nappies are not allowed in the swimming pool. If you wish, you may bring an inflatable pool.
- ✓ The ship has a number of backpacks for you to carry your baby on excursions. These are perfect for babies from 6 months upwards, weighing up to 15 kg, but only a limited number are available. Ask the Mini Club for information.
- ✓ Cot sheets are pure cotton and are changed several times during the cruise.

Remember that the staff on board are there to help you with anything you may require.

NEW

PAEDIATRIC TELEMEDICINE

Thanks to our agreement with the Giannina Gaslini Institute in Genoa, recognised as a specialised paediatric hospital and centre of excellence, a paediatric telemedicine service has been launched on our ships, as a further demonstration of our commitment to our youngest guests.



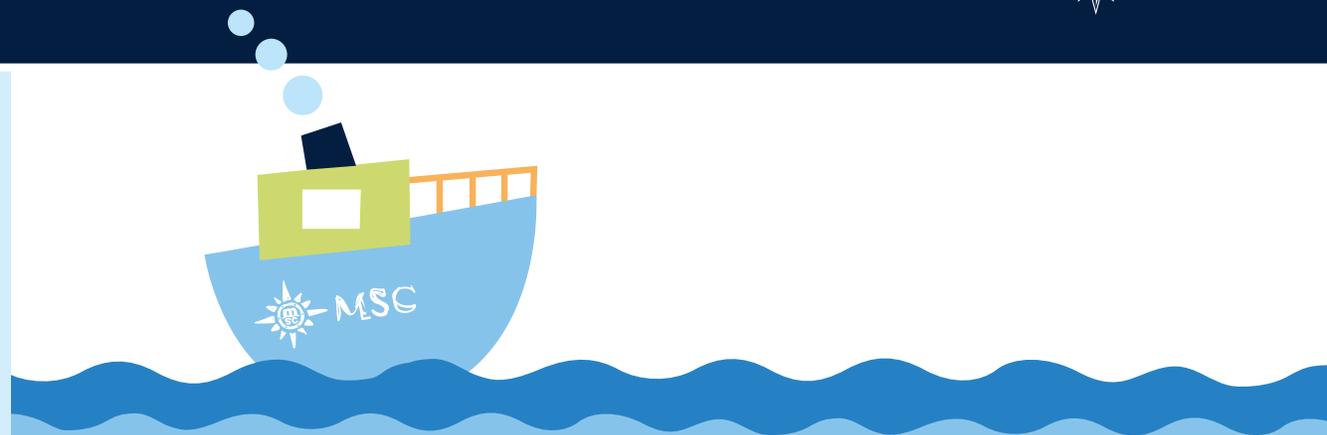
CHILDREN'S HAPPINESS IS A SERIOUS MATTER.

That is why there's the Osservatorio Chicco, Baby Research Center, dedicated to finding out about children and their psychological, physical, emotion and social needs through the collaboration with paediatric and educational experts.

Continuous collaboration with leading paediatric and educational experts allows the Osservatorio to offer scientifically valid solutions for children's wellbeing.

The Osservatorio also relies on another special type of collaboration, with parents, the most sensitive observers of children's needs and an inexhaustible source of valuable experience and suggestions.

Knowledge, a scientific approach, experience and responsibility. These are our values. This is the Osservatorio Chicco, Baby Research Center!



MSC FAMILY OFFERS

Families are very important to MSC Cruises, no matter how big or small they are. Therefore, we have put together a series of fantastic offers and accommodation solutions to meet every need. These offers are available on all the ships in our fleet.

Starting with special rates for children and teenagers (**up to the age of 17**) when they share the same cabin as their parents. And, if you have more children, you can opt for adjoining cabins with ad hoc rates.

For information, contact your Travel Agent or go to www.msccruises.com

PRODUCED IN COLLABORATION WITH



www.chicco.com



www.msccruises.com



WITH THANKS TO THE FOLLOWING CHILDREN
Andrea Giorgio | Camilla Tabata | Giunio Junior | Gloria | Isabella
Leonardo | Luca | Nicolò | Pietro | Sophia | Sveva | Tabata

The children in the photos are wearing Chicco