



Travel with children

Plan ahead when traveling with children

No matter the time of year, travel often is an anticipated part of many families' lifestyles. Whether it is a short visit to grandma's house or a trip across the country, traveling with children sometimes can be challenging. Being flexible with your child and, to the extent you can, with your itinerary will help defray stressful situations with your children. When going on a family trip, consider selecting a destination that is geared to children or at least child-friendly.

It is very difficult for small children to sit still for long periods of time -

they quickly become bored and restless. In addition, siblings can become irritated with each other on long car or airplane rides and do not always know what to do with their energy.

Whether you are traveling by car, plane, train or bus, the key to enjoyable travel with your child is to plan ahead. Advance planning will ensure a successful, fun vacation and reduce the stress associated with traveling with children.



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What parents can do

- Talk to your child about the trip. Tell your child where you are going, who you will see and how long you will travel. Order brochures and use pictures to help explain the trip to your child.
- Visit the library and check out children's music, books and audio books. Audio books and music can be listened to by everyone in the car or with headphones.
- Give your child a backpack and let him or her fill it with the toys he or she wants to take on the trip.
- Pack plenty of snacks for the trip, but stay away high sugar foods and drinks.
- Create a travel art kit. Fill a shoebox with art supplies, such as crayons, stickers, paper and coloring books. Or, make goody bags. Collect items from around the house, dollar stores or party stores such as music, stickers, coloring sheets, hand-held games and snacks to surprise your child with when boredom or irritability set in.
- When traveling in the car with small children, allow more time to reach your destination and stop often to let your child stretch. Try to plan fun stops along the way, such as visiting a park.
- Try to keep your child's sleeping and eating routine as normal as possible. Children will behave better if they follow their regular routines.
- Carry current photos of your child in case they wander away from you at the airport or other crowded vacation spots.