



## Traveling with Little Ones Parent Tips

To prepare for a memorable vacation, get the whole family on board with the travel plans. Even little ones can help choose activities. The Internet is a great resource, along with the library and bookstores. Pick up a few fiction books about that part of the world as well to whet everyone's appetite for adventure. Smart phones and car navigation devices are fabulous but use maps to plan and navigate. Tuck a few highlighters in to mark the travel routes both in the planning stages and while on the move. The following travel tips will help for a fun family trip.

- Pack non-perishable snacks everyone enjoys. Kids are less crabby if they aren't hungry. (Mom and Dad too!)
- Stow the essentials in your carry-on luggage or an easily accessible bag in the car. (First aid kit, snacks, jackets, hats, camera, phone charger, etc.)
- Include bandages, antibacterial wipes, antibiotic ointment, hydrocortisone, Tylenol, Calamine lotion, cough syrup, Sudafed, Tums, Pepto-Bismol tablets, thermometer, tweezers, scissors, and sunscreen in the first aid kit.
- Have a few Zip-loc plastic bags handy for wet clothing and garbage.
- For the ascent and descent on plane trips, have pacifier ready for the baby and gum or hard candy for older kids and adults.
- Engage the children in conversation and games while traveling. Skip the videos! It's time to see a new part of the world and talk about it.
- Once you arrive, take time to get the "lay of the land" so everyone feels comfortable.
- Have your camera at the ready!
- If possible, maintain a routine. Try to stick to the regular bedtimes and naptimes. Be willing to forgo plans if the children are tired or not feeling well.
- Take a journal along to record the daily happenings. Each family member can add to the journal by writing or drawing pictures of the day's highlights.
- When you arrive home, put together a photo book either online with downloaded photos or a scrapbook of the family adventure. Include ticket stubs, pictures, maps, postcards, and other small souvenirs. Vacation adventure books are fun to look back on when children are older.

Enjoy the time you have together as a family! The learning aspect of travel is great. The togetherness is priceless.

Questions? Contact Becky Danielson at [b.danielson@berrypatchschool.com](mailto:b.danielson@berrypatchschool.com).