

Tips for Traveling with Children

Summer is family vacation time. It is healthy for a family to spend time together on a fun get-away. However, young children can get overwhelmed. Happy children can quickly get cranky and tearful. Parents often expect them to do too much. A few extra steps can help their child enjoy the trip.



often picky eaters. They will be just as happy with goldfish crackers and peanut butter & jelly sandwiches.

- Bring small toys or colors and a coloring book to help your child cope with long waits to get seated or served. Children have very little patience. Do not expect them to wait quietly and happily. Parents may have to take turns taking them for walks.

Keep your regular at-home routine.

- Keep regular bed times and nap times. Eat meals at the usual time, and plan for favorite snacks.
- If riding in a car, make sure your child is safely in a child-safety seat.
- Allow for playtime. Take frequent stops for children to get out of their seats to run and play.

Plan ahead.

- Babies and young children have their best behavior early in the day. Plan most of your scheduled activities in the morning. Use the rest of the day to relax and play.
- Carry a small blanket and a good book or magazine. If your baby needs a break from sight-seeing, she can sleep while you relax and read.
- Pack your baby's favorite blanket and toys. It helps her feel safe and secure in new and different places.

Prepare for mealtime.

- Bring your child's favorite foods or snacks when eating at a restaurant. Young children are

Baby-proof your hotel room, campsite, or home.

- Bring electrical outlet covers, safety gate (for hotel balconies), toilet lid latch, door knob covers, table corner covers (for sharp edges), pipe cleaners (to secure loose drapery or electrical cords) and masking tape.
- Bring a crib or high chair if the hotel has none.
- Inspect your hotel room for dangerous items. Look *carefully* on the floor and in seats where baby can reach. Small objects like pills, money, tacks or nails fit easily into babies' mouths.
- Make sure the coffee maker is out of baby's reach.
- When camping, secure tent doors so children cannot get out and wander. After cooking, place camp stoves out of reach of children. Lock all supplies in a covered container, in the car if possible.

Children are not small adults. Places outside their home can be scary. It takes patience and planning when traveling with a small child. However, happy memories are worth the effort.

Call the Parent Help Line. We listen. We can find you help.
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.