

Tips for Traveling with Children

- Pack your car the night before.
- Put towels or old sheets over the seats in the car. Not only will it protect the seats; but it will make for easy cleanup when you get home.
- Bring their favorite pillow and blanket.
- Bring travel games, activity books, crayons and coloring books. Small dry-erase boards with attached markers work well, too.
- Bring a portable DVD player and their favorite movies.
- Bring plenty of individually packaged snacks (if there is more than one child, this will eliminate arguing). To save money and suit your family taste, you can make your own trail mix or cereal mix. Don't forget the water and juice boxes. Other good take along snacks are string cheese, fruit roll ups, apple slices (if you dip them in Sprite, they will not turn brown), dried fruit, peanut butter cheese crackers and granola bars.
- If you are traveling late at night, stop at least one hour before bedtime for some type of physical activity for the kids. The idea is for them to get tired and then go to sleep while you keep driving.
- Keep an emergency first aid kit handy. Include band-aids, antiseptic wipes, pain reliever and cold medicine.
- Keep a change of clothes handy for when one of "life's little disasters" happens.
- Keep a box of baby wipes or travel wipes in the car for quick easy clean ups.
- Take frequent breaks at parks or play areas where children can run and use up some energy. It will help make them less fussy while traveling.
- Always keep identification information on a business card on your child in case he/she becomes lost or separated from you. The card should not be visibly located but tucked into a pocket or shoe. For babies and young children, it should be pinned to the inside of their clothes. Information should include the child's name, parents' names, address and phone number where you are staying as well as cell numbers and a close relative's number to be used as backup. Teach your child the purpose of the card and how to use it in an emergency situation.
- Dress children in bright colored shirts so if they get separated from mom and dad, they will stand out better.