

What should I focus on when preparing for my family's vacation?

Traveling with children can be a wonderful, fun-filled, family experience but also is often challenging and stressful for parents. A little preparation in advance will prove beneficial in assuring a successful trip. Parents are encouraged to pack a small bag with special toys and activities to keep their children busy during long car rides. Taking turns picking music stations, talking, singing songs, and playing games allows parents and children to enjoy the time spent together. Parents are encouraged to remain patient as it is normal for children to become restless when forced to remain seated for an extended period of time. Although you may be on vacation, it's recommended that parents remain consistent in setting limits and following through with discipline. Parents are encouraged to praise their children for good traveling behavior in hopes that this will promote a safe and stress-free trip.

Parents should schedule vacation activities that are fun for the whole family and are age-appropriate being mindful that your children will most likely become uncooperative if bored and not stimulated. Parents are encouraged to carry first-aid supplies in case of an accident and snacks and drinks to tide their children over while sightseeing. It's recommended that adults not overload the family with activities; scheduling some down time will benefit small children who could easily become over-extended and irritable. Thinking ahead and anticipating your children's needs will assure a successful trip and a lifetime of enjoyable memories.