



A Recipe *for more*

CHOCOLATE CAKE MOMENTS



TRAVELING WITH KIDS MADE EASY

Planning the Trip

There is nothing more exciting than embarking on a travel adventure with your family. However, planning ahead can ease some of the stress of traveling with your kids, especially when they are little and you need to bring a lot of extra gear. Don't be daunted by planning a trip. Follow these tips and add your own creativity to make Family Trips a blast.

- Two weeks before the trip, **conduct a mock packing session** with each member of the family. You'll have time to wash favorite things or shop for extra necessities.
- Take a look at all of the gear you need to bring then decide whether it is easier to **carry it with you, ship it to your destination, or rent it on site**. If going to see Grandma, tap into the Grandma Network. See if Grandma's friends have any baby gear you can borrow.
 - For larger baby gear like strollers, cribs or car seats, rent from www.babysaway.com
 - For baby essentials like diapers, formula, etc. look at www.babystravellite.com
- If your kids are older, have them help you plan the trip. Give them some research to do online to find attractions, restaurants, etc. Grab a travel book from the library.
- Make sure everyone has a backpack or travel bag for the plane or car trip that they can easily carry - their boredom bag. Small children are easier to manage if Mom and Dad are hands free. Travel with a backpack or backpack-style diaper bag.
- While parents love to "get away from it all", young children may find it upsetting. **Identify items that you can bring that remind your kids of home**. You are taking them out of their comfort zone and routine. They'll appreciate a lovey, blanket, or favorite toys.
- If possible, **plan your trips around nap or sleep time** to avoid meltdowns.
- **Bring the paperwork**. You may want to bring a copy of your child's birth certificate to prove their age.
- For long road trips, **plan the route ahead of time** with plenty of breaks for bathroom and energy boosts.
- If flying with a baby, **decide how baby will travel**. Will you get a separate seat or put baby on your lap? Ask the airline what is acceptable before traveling. If your car seat is "certified for use in aircraft" you use it in the seat to secure your child. If you fly a lot invest in a 5-point CARES harness, available at Amazon.

FAMILY PACKING LIST

Must Haves:

- Itinerary/ Tickets
- Drivers License, Passport, birth certificates
- Hotel/ Car Rental Info – phone number, directions
- Medications – Emergency Release Forms
- Emergency Phone Numbers
- Camera to capture those Chocolate Cake Moments, extra batteries
- Hand sanitizer
- Ziploc bags – you never know, great for holding dirty clothes, wet things, small toys, or leftover snacks
- Boredom Bags – books, toys, activities, DVDs, iPod, etc.

Clothes for Each Traveler:

(For small kids you may want to pack two outfits per day. If you have access to a laundry facility then you can cut the number of outfits in half.)

- Shirts
- Pants/ shorts/ skirts
- Dresses clothes, if special occasion
- Sweaters or a jacket
- Socks
- Pajamas
- Underwear
- Shoes

Toiletries:

- Toothbrush and kids toothpaste
- Shampoo/ Conditioner
- Brush/ Comb
- Body/ Face Lotion
- Baby Soap, if needed
- Blow dryer, if not available
- First Aid kit – band aids, aspirin
- Kids fingernail clippers

Baby/ Toddler Gear:

- Diapers/ wipes
- Formula
- Bottles/ sippy cups
- Finger snacks
- Pacifiers
- Thermometer
- Blankets
- Stroller
- Car seat
- Portable high chair
- Soft baby carrier
- Diaper bag
- Sound machine, if needed
- Toys/ soft board books

FAMILY PACKING LIST

Kids Gear:

- Stuffed animal/ lovey/ blanket
- Books/ art supplies
- Sound machine, for noisy hotel rooms
- DVDs/ CDs
- Booster seat

Cold Weather Trips:

- Thermal underwear
- Hats
- Gloves
- Ski suit or snow pants for snow play
- Scarves
- Coats
- Boots

Warm Weather Trips:

- Bathing suits (2, so one can dry)
- Sandals
- Sunglasses
- Sunscreen
- Beach towels (your hotel may provide)
- Beach toys
- Hat
- Beach bag
- Swim diapers
- Cover up

Other:



What's in Your Boredom Bag?

Each child (and adults) should have a bag that they bring in the car or plane filled with fun activities to keep them amused while traveling. It is a lifesaver for delays and unpredictable events that are bound to occur while traveling.

Babies:

- Pacifiers, snacks, and bottles seem to do the trick for most babies while traveling.
- Teething toys or crinkly sensory toys like the Whoozit or a soft book.

Toddlers:

- Crayon and paper sets that are easy for little hands to carry
- Board books
- Lovey blanket or stuffed animal, like a Zoobie Pet - these 3 in 1 Travel Companions are a pillow, blanket and toy all in one.
- Dolls, small toys

Little Tykes:

- DVDs to play on your laptop or DVD player
- Paper and crayons to draw or play games
- Small toys like My Little Ponys, Army Men, or Playmobil guys
- Sticker Play Scenes
- Lacing Cards
- Tell Me a Story Cards - Storytelling cards encourage kids to use their imagination
- Travel Bingo - a classic!
- Pipe Cleaners or Wiki Sticks - no mess and kids can spend hours making shapes
- Handheld game like Leapster

Big Kids:

- Magnetic Tin Dress Up Sets - perfect for travel, pieces stick to the magnetic box
- Activity Backpacks - paper, stickers, word searches, other games
- Comic Books
- Adventure books like The Sisters Grimm, Harry Potter, Lightening Thief, or Skulduggery Pleasant (download them to your iPod as audio books)
- DVDs or computer games (Leapster, Gameboy, Nintendo DS, etc.)

Most importantly, Plan some Fun ...

Traveling with the family is all about fun - having adventures and creating memories. Our favorite part of vacations were the excitement building up to the trip and then remembering the good times. Don't forget to get your kids excited about the adventure.

Build Excitement:

- Get the kids excited about the destination: read books about where you are going or what you'll see, cook a special meal that's typical of where you are traveling.
- Create a countdown calendar or use the one on the next page
- Draw your route on a road map and let the kids color in the route.

Road Trip Games:

- Print a black and white map of the United States. Play license plate bingo and have the kids color in the states as they see them.
- Collect quarters from all 50 states. Play license plate bingo and give your child the quarter from that state when they see the plate.

Audio Books/ CDs:

- Go to the library and get some of your kids favorite books in audio tape version.

Some of our favorites for older kids are:

- o The Invention of Hugo Cabret - Brian Selznick
- o Chet Gecko Private Eye - Bruce Hale
- o Judy Moody
- o Any Bill Harley story CD

For younger kids, we recommend trying www.storynory.com to download stories.

Tip: Don't Forget to Help the Kids Create a Scrapbook or Travel Journal to remember the trip! Work on it together for some post-travel quality time.

