

Traveling Tips for Summer Trips

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Whether you take a car ride to grandma's house or an airplane trip across the country, traveling with kids can be challenging. However, thoughtful planning can make traveling a fun experience you'll always treasure.

How well children adapt to new environments may depend in part on their temperament or natural behavior style. Here are some things to think about when planning a trip:

Active children:

- Bring new things to do, like books, markers and paper, card games, and crafts.
- Pack healthy snacks and drinks, not sugary treats and soda.
- Keep a good eye on high-energy kids. Their energy can propel them into dangerous situations. Make sure the windows and doors in your hotel room are locked and keep grandma's medication out of sight.

Cautious children:

- Children who are slow-to-warm up may take time to observe new situations before participating. At the beach, they may sit in the sand for a while before going in the water.
- Pack a special stuffed animal or toy.
- Frequently talk about what to expect.
- Cautious children might like to take pictures as a way to be comfortable in new situations.

Slow to adapt children:

- In general, the fewer transitions the better. Pick a fun destination your family will enjoy, instead of trying to visit lots of places in one day.
- Have children help pack for the trip and when possible read a book about where you're going.
- Go over details, like how to check in at the airport, who will be at grandma's house, and your safety and behavior rules for traveling.
- Bring a timer with you, to set up routines and communicate how long things will take.
- Children often have trouble getting to sleep in new places. Bring soft music to play at night, and lots of stories to read at bedtime.

Intense children:

- They're more likely to have tantrums when tired or hungry, so pay attention when they start to get fussy.
- If children act out in public, take them to a quiet space (like a bathroom) to figure out what they need and remind them of the rules. Yelling at children in public is bound to make everyone more tense, and cause passionate children to cry more.
- Engage children in helping you and noticing the world around them. Make up songs and stories about what you see.

Enjoy the outdoors with your children this summer!

For more information check out *Travels with Baby*, by Shelly Rivoli.