

SAFE kids **HEALTHY** kids
HAPPY kids

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Parent Help Line



FAMILY VACATION SURVIVAL TIPS

When traveling with children, parents must always expect the unexpected.

These tips help keep the family in control.



- ☀️ **Stay calm.**
- ☀️ Include the *whole* family in planning. Let each child choose something to see or do.
- ☀️ Pack separate backpacks for each child. Let them take a few of their favorite things. A tip: crayons melt in a hot car. Colored pencils are a better choice.
- ☀️ Keep a bag of “goodies” for rough times. Include healthy snacks, books on tape, music tapes for sing-a-longs, or small toys.
- ☀️ Take breaks every 1½ to 2 hours. Get out of the car. Play ball, run races or throw a Frisbee.
- ☀️ Pack picnics. Let the kids plan the menu.
- ☀️ Expect kids to get “moody.” Just because it is “vacation time” does not mean that everyone will be in a good mood all the time. Smile a lot. Be understanding. Praise good behavior.

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.