

Take the Stress Out of Travel

Whether it is holiday travel or vacation, sibling squabbles can make car time stressful. If you intend to hit the road this holiday season, *create a plan* to stop battles before they begin.

1. Make packing fun. Let each child pack a travel bag with favorite items.
2. Create and enforce car rules. Consider a reward for good behavior.
3. Take games. Simple magnetic games and hand-held games are great for travel.

4. Establish a period of quiet time for 20 to 30 minutes. Listen to soft music. Encourage reading or resting.
5. Allow some screen time. Let kids watch a movie on a tablet or DVD player.
6. Take drinks and snacks. Dehydration and hunger affect mood. They also cause headaches and fatigue. Hunger and thirst may affect one child more than another. Offer food and drink *before* your child is hungry and thirsty.

Pack cheese, whole wheat crackers, hummus and cut up fruits and vegetables. Protein and carbohydrates help hunger.

7. Stop every 1 – 2 hours so everyone can get out and walk, play or exercise.
8. Avoid rush hour. Leave early in the morning.
9. Address fighting issues *before* travel begins.

TO LEARN MORE:

Visit <http://www.parents.com/fun/vacation/ideas/holiday-travel-with-kids/>



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
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Call the Parent Help Line. Help is just a phone call away.

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