

Traveling with a Toddler

Do not let the fear of traveling with a toddler keep you at home. Family travel promotes bonding, learning and making memories. However, when traveling with a toddler – keep it simple.

A change of schedule can easily overwhelm a young child. Smiles can quickly become tears. As you make plans and pack, pay close attention to your toddler's needs. This will help eliminate stress.

Set your budget. Limit expenses. Include at least one favorite activity for each family member. Include souvenirs and unexpected expenses in your budget.

Plan ahead. Young children display their best behavior early in the day. Plan most of your scheduled activities in the morning. Use afternoons and evenings for more relaxed activities and free play. Parents and kids renew needed energy during quiet time.

Keep your regular at-home routines. Eat meals at the usual time. Create a set time for snacks. Follow nap and bedtime routines.

Pack smart. Check the weather. Choose versatile and comfortable shoes and clothes. Pack a backpack for each member of the family. In your toddler's bag, include a hat, light jacket, an extra set of clothes, books, favorite blanket and toy.

Eat healthy and simple. Toddlers are often picky eaters and like simple meals. Avoid expensive restaurants with long waits. Buy healthy foods, and have a picnic. Make lunch your biggest meal. Eat a light dinner when your toddler has less patience.



Stay healthy. If you plan overseas travel, ask your doctor about risks and requirements. Check the Centers for Disease Control webpage. If you need specific vaccines, schedule them one month before you travel. Make a medicine list. Pack medical supplies, and double check your list before leaving home. Include over-the-counter meds, a small first aid kit and alcohol based hand sanitizer. Pack insect repellent and sunscreen. Make and carry a record of each person's medical history for emergencies.

Plan breaks. Stop the car every 1 ½ to 2 hours. Use the restroom. Get drinks. Exercise.

Make memories. Take pictures. Journal your activities. *Have fun!*

Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.



Call the Parent Help Line. Help is just a phone call away.
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org



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