



THE FAMILY TREE

Traveling with your children

- **Be realistic.** Your trip will include wonderful moments together as well as some moments that are not so wonderful!
- **Encourage children to be involved with planning and preparing for the trip.** Have them check and see what the weather is like where you are going, or trace the route you plan to travel on the map. It is also a good idea to enlist your children's help in gathering the toys and activities they want to bring along.
- **Make the most of your time with your children.** Going on a car trip can add to your family's sense of togetherness. Sing songs with your children, take turns telling stories or playing games like identifying out-of-state license plates, counting certain billboards, etc.
- **Eat on Time.** Hunger can make even the most good-natured people grumpy. Try to stick to a regular meal and snack schedule.
- **Stop Frequently.** Make sure to take into account time for rest stops.
- **Be Safe.** Bring along an emergency kit that includes band-aids, scissors, antiseptic and other medications that family members need.

With a little preparation and sense of humor and adventure, your family travels can be safe and enjoyable.

