

TRAVEL TIPS

Are you planning to travel for Spring break or a summer vacation? Traveling with children can be overwhelming. Be prepared with these helpful tips.



plan ahead.

Research your destination and understand your travel itinerary ahead of time. This can help you be better prepared for the journey.

go with the flow.

Try to stay as calm as possible even when things don't go as planned. Give yourself plenty of time, so you feel less stressed throughout your journey.

pack smart.

Make sure your children have plenty of toys, games, and healthy snacks to keep them occupied during travel.



infant inspiration

You never know what your child will get into, and you may not always be able to prevent an accident. Bring an extra set of clothes and diapers, so you'll be extra prepared no matter what happens.



toddler tales

Pack your toddler's favorite healthy snacks and drinks. Try a variety of snacks, so they will stay entertained. Make sure they stay full and hydrated during travel by bringing them their own water bottle.



preschool power

Be prepared with plenty of activities and games for your preschooler. Bring some paper and crayons and encourage your child to create a travel journal. Find some books about travel or the place you are visiting.