



Traveling with Kids, by Dr. Brad Schwall

Be Prepared

- Have snacks handy – hungry kids are cranky kids
- Pack anything that might help your child be comfortable
- Establish rules for siblings that prevent problems before they start
- Tell your child what to expect
- Anticipate needs

Distract

- Break up the monotony of long drives or waits at airports with books, videos, travel activities, coloring supplies, or handheld games
- Save surprises for times when your child begins to get cranky and you need him or her to be calm

Pace Yourself

- Plan your travel so that there is time for rest
- Schedule time to unwind or release energy when you arrive at your destination or on breaks along the way

Handle Frustrations Calmly

- Frustration causes your child's frustration to escalate
- Show your child you understand his or her frustration
- Help your child problem-solve

Make it Fun

- Help your child get excited about the trip
- Focus on the moment
- Take advantage of your time with your children
- Be pleasant
- Give your child undivided attention
- Make memories

© 2009 Dr. Brad Schwall, Permission granted for distribution.

Sign up to receive free parenting tips at

www.coolkidschannel.com/parentingtips, DrBrad@coolkidschannel.com.