

Traveling With Children

MONTROSE (Susquehanna Co.) — The thought of traveling with children may stir up memories of returning from past vacations frustrated and exhausted. A little extra planning is the key ingredient to easier traveling with children. Consider these tips for making the experience enjoyable for both parents and children.

Tell your child about the trip. Children do better when they know what to expect. Provide your child with details: what days and times you will leave, how you will travel, how long you will stay, what you will pack, what you will do on the way, what you will do while you are there.

Let your child help in planning portions of the trip. This might include items to pack or activities while on the way or places to eat.

Plan several vacation activities specifically for children. Choose child-friendly eating places and

plan to eat before children are overly hungry. A tired, hungry child cannot maintain acceptable behavior.

Pack a travel bag of fun activities for your child. Include all-time favorites, but also new activities for peak entertainment value. A few well chosen items that provide variety are better than too many. Stores that cater to children offer numerous travel toys, books and games that are developmentally appropriate. A child's tape player with headphones can be a worthwhile travel investment. Help your child choose a new tape, just for the trip (not to be used before departure). Throughout the trip, help your child keep his or her bag organized for best use. This will ensure nothing gets misplaced or left behind.

Pack your "parent travel bag": Include non-perishable snacks,

treats, and a fun book that can be relied upon when your child is hungry or needs extra attention. You will want to keep this bag close to you. It can also carry "sleep buddies" or a special blanket.

Children who like to write or draw pictures may enjoy keeping a journal of the trip. You can buy a journal or make your own by stapling pages together. One good time for a journal entry might be in a restaurant, after ordering.

Children under four years of age should be in a car seat while traveling by plane or car. Not only is this the safest way for your child to travel, but children often feel more comfortable in their car seat and are used to falling asleep in it.

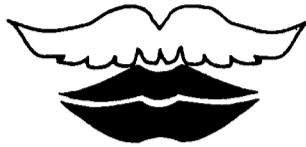
If you are traveling by plane, right before departure, tell your child exactly what to expect on that part of the trip. For example, "First, we will find our seats and

store our coats overhead. Then we will set up your travel bag so you can reach it. You may play with the things in your bag for two hours before the plane lands. Once your seat belt is on and we are ready to take off, I'll give you some gum."

If you are traveling by car, use the restroom before leaving, and plan plenty of rest stops along the way. Plan to stop every few hours to let your child stretch and burn off some energy. Time each stop, if needed, and give a two-minute warning to head back to the car.

These stops will pay off in the long run with a happier child who also sleeps better.

Expect the last day to be a transition day when you start making the mental transition back to home. Children (and some adults), resist transitions and will show frustration. Even when home, expect some adjustment time for all. Planning to arrive home in time for a relaxed unpacking and a restful night's sleep can do much to smooth re-entry into everyday life.



MILK

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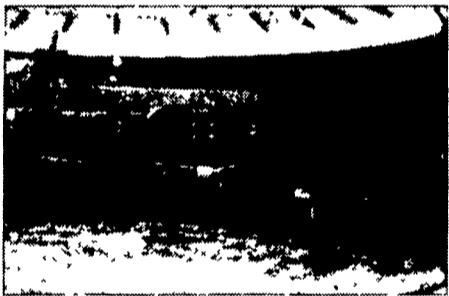
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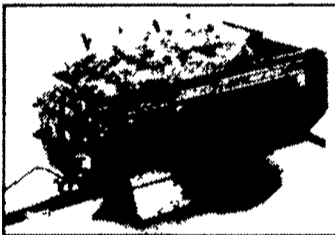


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- Milk (any kind)
- Milkshake
- Cream soups (like cream of tomato)
- Pudding (made with milk)
- Ice cream/Frozen yogurt
- Yogurt
- Cheese (any kind)
- Macaroni and cheese
- Tacos
- Pizza
- Salmon with bones
- Sardines with bones
- Collard greens
- Broccoli

If you had fewer than two checks, you forgot to feed your bones, and they may not be getting enough calcium to carry you through life.



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