

How to survive a road trip

with kids

TOP 11 TIPS

1 Know thy kids

Do they get motion sickness? Do they have a small bladder? Do they sleep well in a car? Do you have 2 or more who constantly fight?

2 Car sickness remedies

- Avoid DVD's and reading. Focus attention out the window.
- Peppermints, ginger ale, hard-boiled sugar lollies, lemonade.
- Avoid unnecessary head movements, use a pillow.
- Get some ventilation in the car.

3 Entertainment

(for the adults too)

Audio, games, DVD players (unless prone to car sickness) and rest stop activities.

4 Packing essentials

Food (not messy), cleaning essentials, toys (they pack themselves), pillows and a ball for rest stops.

5 Tire them out at rest stops

Not indoor restaurants. Get them ready for a nap - tire them out with a ball at a rest stop.

6 Leave at the right time

- Check the weather.
- Estimate your travel time, then double it.
- Consider leaving while it's still dark - steal them away in their PJ's.
- Leave at nap time.

7 Learn to ignore them

They don't need to be constantly entertained. Staring out the window builds character.

8 Don't forget entertainment for babies

Rear facing seats are boring so give them something to look at.

9 When all hell breaks loose - and it will!

Do the unexpected to break the mood. Turn up the music really loud, stop the car and get out, or put on AM static (really loud).

10 For the serious traveller (CB radio)

This one comes with a warning - beware of the trucker language. Otherwise a great way to entertain kids.

11 Have the right attitude

Focus on the journey - not the destination.

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