## How to survive a road trip

## with kids

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?

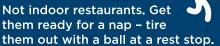
- Car sickness remedies
  - Avoid DVD's and reading. Focus attention out the window.
  - Peppermints, ginger ale, hard-boiled sugar lollies, lemonade.
  - Avoid unnecessary head movements. use a pillow.
  - Get some ventilation in the car.
- Entertainment (for the adults too)



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

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

Tire them out at rest stops



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

Don't forget entertainment & P & or babies



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

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).

For the serious traveller (CB radio)

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

