

Holiday Travel Parenting Tips!

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Parenting is hard and holiday travel doesn't have to make it harder!

GetParentingTips.com has resources to help families when they hit the road for the holidays.

Below you will find some useful tips to help as you prepare for traveling this holiday season.



Kids need a daily routine to help keep them healthy, happy, and out of trouble. Holiday travel often disrupts that routine. To reduce holiday stress, discuss the family travel plan ahead of time, packing in advance, schedule travel around nap time, and pack snacks.

For more tips to help you plan your holiday travel schedule, visit: tinyurl.com/FamCalGPT



While the weather is cooling, water safety is still just as important, whether it's bathtubs, buckets, fountains, creeks, rivers, ponds, lakes, or pools. Remember to always watch kids around all water, indoors and outside.

For more water safety tips, visit: tinyurl.com/WaterSafetyGPT



Be sure to have a safe sleep environment wherever you land for the night. Babies should always sleep alone, on their back, on a flat surface, with no toys, stuffed animals, pillows, blankets, crib bumpers, or other items, in a smoke-free environment.

For more safe sleep info, visit: getparentingtips.com/babies



If you are traveling with firearms or your destination will have them on the premises, always ensure they are stored safely out of reach from curious hands.

Teach your child that guns are not toys and what to do if they see a gun:

1. Stop and don't touch; 2. Leave the area; 3. Tell an adult. For more firearm safety tips, visit: tinyurl.com/GunSafeGPT



If you're hitting the road with little ones this holiday season, be sure to take necessary precautions to keep kids safe in or around vehicles: stay alert loading the car, don't drive fatigued, monitor weather conditions, and always buckle up. More child passenger safety info at: tinyurl.com/CarSafetyGPT



Create travel games like visual scavenger hunts or road trip bingo to encourage family time on the road. Activities like exploring shapes, I spy, and the license plate game are other travel games to get your family engaged while you travel.



Don't forget to pack healthy snacks! Letting kids help pick out their snacks may help reduce tantrums on the go. Aim for two food groups in each snack like apples and peanut butter or cheese and carrots. Do your snacks match up? Find out here: tinyurl.com/HealthySnacksGPT

Visit getparentingtips.com for additional support and tips.