

Comfort

Play

Comfort, Play & Teach: A Positive Approach to Parenting™

Tip Sheet

Make Vacation Travel with Young Children More Pleasurable for All

Ask any parent what it's like to travel with a young child and they will likely tell you exactly what a challenge it can be.

Whether it's around town or out of town, for March Break or any other occasion, the parenting experts at Invest in Kids can help you make the most of your time with your little ones.

Comfort

- ▶ If your child has a favourite stuffed toy, blanket, pacifier, etc, don't forget to take it with you on your vacation. Children who need a special object to feel safe and secure at home will need it just as much, if not more, while they are away. Make sure to bring extras in case some of these precious objects get lost in transit. This, along with some favourite games and books, will help to maintain a sense of routine and familiarity that will be very comforting to your child in the midst of all the new things he will see and do.
- ▶ When you plan day trips near to home, take along what you need to prevent little problems from becoming crises: pack some favourite snacks in case there is no food available when your child gets hungry. Carry a lightweight change of clothing in case of falls, spills, etc. It is also a good idea to bring the stroller in case you end up walking more than you planned. Responding to your child's basic needs in this way will comfort him and help ensure that everyone has a good time.



www.investinkids.ca

Teach

Comfort

Play

Comfort, Play & Teach: A Positive Approach to Parenting™

Tip Sheet

Make Vacation Travel with Young Children More Pleasurable for All

Ask any parent what it's like to travel with a young child and they will likely tell you exactly what a challenge it can be.

Whether it's around town or out of town, for March Break or any other occasion, the parenting experts at Invest in Kids can help you make the most of your time with your little ones.

Play

- ▶ You may not be able to take a vacation from being a parent, but you can take advantage of your break to explore the more fun aspects of parenting. Take your child to a local festival, ask the hotel staff to help you find children's activities in the area, or simply take the time to play in the water with your child at the pool or beach. By spending time with her and playing with her, you are making her feel important and giving her opportunities to use and develop a wide range of skills.
- ▶ While it's tempting to squeeze in lots of activities in the little free time you have with your children, remember that less is often more for young children because they tire quickly. Choose one activity per day and take the time to really enjoy it together. You may also want to invite a friend and her children along. This will allow the activity to be a social one for both you and your child.



www.investinkids.ca

Teach

Comfort

Play

Comfort, Play & Teach: A Positive Approach to Parenting™

Tip Sheet

Make Vacation Travel with Young Children More Pleasurable for All

Ask any parent what it's like to travel with a young child and they will likely tell you exactly what a challenge it can be.

Whether it's around town or out of town, for March Break or any other occasion, the parenting experts at Invest in Kids can help you make the most of your time with your little ones.

Teach

- ▶ While on vacation, take advantage of being in a new environment to teach your child about different things. You and your child may be seeing trees, flowers, animals and other things that you never see at home. Outings in your new surroundings are adventures that will stimulate your child's curiosity. Encourage him by showing an interest in his discoveries, pointing out new things, answering his questions and letting him share his impressions with you.
- ▶ Plan to arrive at the activity, event or place early in the day when your child is still fresh and has the energy to appreciate what is happening. This way he will be in the best disposition to participate fully and learn new things. Later, discuss with your child what she saw and did and encourage her to share this experience with others who were not there. Doing this will exercise her memory and help her practice her story-telling skills.



www.investinkids.ca

Teach