
Going on holiday with Children

Here are some tips to remember when going on holiday with your children...

1. If you would like a really relaxing, quiet holiday with little ones, think again and be realistic before you go. If you need a peaceful and restful holiday, consider taking a nanny or granny with you or inquire about 'child sitting' services or children's program activities from the holiday providers on your shortlist might offer.
2. Pack carefully and pack in advance. Include the following: First aid kit and all medication; enough clothes, hats, Sun Screen and Entertainment in the car when driving long distances. A baby-monitor is very handy for little ones who take day naps.
3. Some cities/ towns offer Children & Baby Equipment Rental Services. If you want to travel light and leave things like camping-cots, prams, etc at home – this service might be well worth investigating before you leave for holiday.
4. Choose the most scenic route and stop often to stretch legs.
5. Take age-appropriate music CD's with you when driving long distances... If you want to put in the effort, compile your own playlists, e.g. "Fun Music"; "Sleep Music"; "Parent Music", etc... Story Reading CD's are also excellent for long distance driving...
6. Apply sun-protection on back-seat windows before you leave for holiday & make sure children car seats are fitted securely...
7. Consider healthy snacks for your children while travelling to your destination. You don't want an over-active sugar-filled child in the car (or airplane) who needs space to run off access energy...
8. Self Catering is a more affordable as well as being a more family friendly' option, but if cleaning and washing dishes is not your favorite activity on a holiday, prepare the entire family in advance so that they know that they will be required to pull their weight and help where necessary. If possible, choose a self-catering unit WITH a dish-washing machine.
9. If you would like to dine out now and again with children, research and set up a list of child-friendly restaurants prior to departure. Driving for hours (on end) in search of a decent meal at the right restaurant with a hungry tummy, nagging children and a screaming baby in the car is not fun...
10. Flying with *children*?
 - Pack spare clothes in case of any accidents. Have their pajamas and favorite soft toy at hand to help them feel comfortable and settled.
 - Always remember to request meals for your children at the time of booking. Even though the airline will know that you are travelling with children they will not automatically cater to your child - you still need to request a child's meal.
 - Also request seating when making your booking. Make sure you sit together; request windows seats or front row seats with more space.
 - Prevent leaks by packing medicines and toiletries in resealable plastic bags.
11. Flying with *babies*?
 - Pack a well-stocked diaper bag with plenty of wipes, ointment, tissues, a changing pad, a blanket, burp cloths, pacifiers and clean clothes. Have plenty of disposable plastic bags at hand for dirty diapers and clothing. Make sure you have all medication at hand.
 - To ease ear pain caused by pressure changes, babies should be sucking during take off and landing. Try to schedule feedings and/or offer a pacifier or snack during this time.
 - Pack each of your babies (or children's) complete outfits in its own (separate) zipped plastic bag so you don't have to hunt around for tiny socks, shirts, etc.
 - Request a bassinet when making your booking as there are often a limited number available.
 - If traveling by air with your baby, check with your pediatrician that your baby is fit to travel.
12. A must when going on holiday with babies or smaller children is to have disinfecting hand gel and wet wipes close at hand...
13. Remember your camera, battery charger, and an extra memory card!
14. **Most importantly...** Cherish the time spent with your family! Wherever you go and whatever it costs – don't look back – the memories you make will last a lifetime! Take lots of photo's... Many adults can recall their childhood holidays clearly years later. It may be busy, hectic, hard work & expensive, **BUT it will always be worth it!** ☺