



Enter search phrase [Go]

SITE SEARCH WEB SEARCH BY Google™

Flint, MI 72° Weather home

View our skycam Skycam home »



- WJRT-TV MID-MICHIGAN
- HOME
- ABC12 NEWS
- Most Popular
- Local News
- School Spirit
- Michigan News
- Nation/World
- School Closings
- Money Source
- Health Source
- Highlight Zone
- ABC12 Sports
- Entertainment
- Politics and Elections
- Bizarre News
- WEATHER
- Forecast
- First Alert Radar
- SkyCam
- Crim Training
- MEDIA
- Video
- Photos
- Send Tips
- MORE
- Obituaries



Email Share | Print Text Size

Are we there yet? Traveling with children

Recommend Sign Up to see what your friends recommend.

By Eve Glicksman, Staff Writer, myOptumHealth



For children, an hour-long care ride can feel like forever - and the adult driving them may feel the same way. It may start ten minutes into the trip. A little voice from the back seat says: "Are we there yet?" Another one: "I'm hungry." Maybe followed by "I have to go to the bathroom" or "She's hitting me."

As any parent knows, traveling with kids is no vacation. Long rides are especially hard on little ones who have trouble sitting still for long. Most children enjoy taking trips, though, and having a chance to spend more time with parents.

Before the trip

You can make that long haul to Grandma's house or the beach this summer a smoother ride for your kids by planning ahead. Start with a self-talk to set the tone. If you're bracing yourself for a long, hard trip, it very well may be one. Instead, think of ways you can make the trip pleasant for all.

Then, prepare your children. Explain that there will be a lot of driving (or time in the train or plane), but the trip will be fun. Get the kids as involved as possible. You might pull out a map to show them how far they are going. Create anticipation by going over the things they will see or do. Show your child pictures of the destination or start a countdown calendar.

Take it on the road



Long rides are especially hard on little ones who have trouble sitting still for long. Most children enjoy taking trips, though, and having a chance to spend more time with parents. © iStockphoto.com/Catherine Yeulet

Buckle up for your child's life, too

Flying with baby: are you prepared?

Travel first aid kit

What is a safe toy?

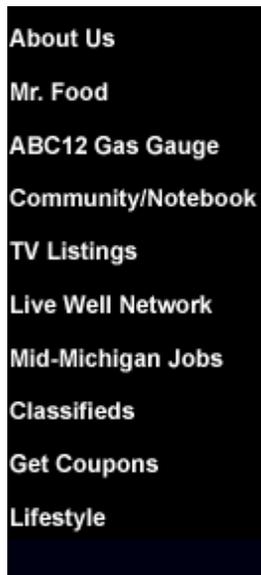
myOptumHealth.co tools

Calories Burned Calculator

Symptom Checker

Create a Personal Health Record

Healthy Weight Calculator



You'll want to keep the kids busy and be prepared for whatever comes up. Pack the following to cover your bases:

- Healthy snacks such as fresh fruit and a cold drink
- Sugar-free gum to help with ear pressure if you're flying
- Bottled water
- Books for reading
- Activity books, like connect-the-dots or mazes
- Favorite games and toys that your child can help select (as long as they won't disturb other passengers)
- Paper, pencils and markers in a sealed bag
- Video games
- CD player and headphones or other music device
- Hand wipes and tissues
- A first aid kit
- Pillows and blankets

Other ideas for keeping the kids amused while you're driving:

- Sing songs together
- Read a story aloud
- Start a discussion on a fun topic
- Bring a surprise for each child, like a toy
- Play games like "I Spy"

"If I have to pull over ..."

If problems do arise on the road, try to keep your sense of humor and not let it ruin the trip for the whole family. There's that age-old threat "If I have to pull this car over..." This may be taken as a dare, though, and have the opposite effect. Instead, try saying, "If you can do X (such as be quiet), then we can do Y (such as get ice cream)."

Apply rules in the car or plane as you do at home. Explain to kids why it's important to behave well on an airplane or train. They should understand that it's not safe to run around while in transit. Remind them that they also need to use "inside voices" and have a sense of how loud they are talking;

Pit stops are important, too. Take frequent breaks for the bathroom or to stretch and enjoy snacks. A comfortable, well-fed child will go a long way toward a peaceful journey.

View the original Are we there yet? Traveling with children article on myOptumHealth.com

SOURCES:

- American Psychiatric Association. Traveling with children. Tips for parents. **Accessed:** 04/30/2008
- American Society of Travel Agents. Tips for traveling with children. **Accessed:** 04/30/2008

Drug Interactions Calculator

Research Diseases & Conditions

More from myOptumHealth

More

Top 10 super-nutritious foods

Take the sting out of summer

Simple meals for singles

Recognizing dyslexia in children

Take a break from stress: Why we need vacations

7 healthy foods -- and how to make them healthier

Caregivers: Take care of yourself, too

Lawnmower safety: How to avoid injury

Tempting toddler meal ideas

Stay on track with high blood pressure treatment



Content provided by:



These Web sites are for your informational use only. It is not a substitute for professional medical advice. It may not represent your true individual medical situation. Do not use this information to diagnose or treat a health problem or disease without consulting a qualified health care provider. Also consult your healthcare provider before starting any medications or supplements or beginning or modifying any exercise program.

© 2011 OptumHealth, Inc. All rights reserved. No part of information on this page may be reproduced or transmitted in any form or by any means, without the written permission of OptumHealth, Inc.



Ambler - New trick allows any Pennsylvania resident to get extremely cheap car insurance.



Advertisement : Mom discovers \$9 car insurance trick. Auto insurers are scared you will learn this too.



[Aug 2011]: Pennsylvania drivers with no DUIs may be eligible for \$9 per week car insurance.



Can't sleep? A new, all-natural supplement is helping people fall asleep faster and sleep all night.



Top cruise lines are giving away their unsold cabins...



People are buying their dream home with help from penny stocks...

[abc12.com home](#) [Site Map](#) [RSS](#) [Advertise with Us](#) [Contact Us](#) [Technical I](#)



All content © Copyright 2000 - 2011 WorldNow and WJRT
For more information on this site, please read our [Privacy](#)