

If you have ever traveled with kids then I'm sure you have heard these phrases

Are we there yet? I have to go to the bathroom. Are we there yet? I'm Bored. Are we there yet? I'm Hungry. Are we there yet? She's touching me? Are we there yet? I'm Thirsty. Are we there yet?

It doesn't matter if you are traveling my car, train or airplane, the best thing you can do is be prepared --- be over-prepared if that is possible.

Here are some tips to make your travels a little less frazzled!

- Have each child bring a backpack for the trip. Have them bring some of their favorite toys, books, colors, coloring books, hand-held games, and stuffed animals. Make sure they bring something that will hold their attention for the trip.
- Before your trip, buy a couple new toys or videos for the trip.
- Educate your kids about where you are going. Show them from the internet pictures of your hotel, activities that you can do. Get them involved on deciding activities they might want to do on the trip.
- Have you kids bring their camera, and let them take pictures of their travels. At the end of the trip, give them their own photo album for the pictures they took. Or buy then a journal and they can document everything they did on the trip.
- Make sure to pack plenty of snacks and drinks. Having munchies is a perfect way to pass time and it saves you from making additional stops down the road.
- Get a portable DVD player and have them watch their favorite movies.
- Come prepared with old fashion travel games. – The license plate game or bingo
- If traveling by car, check out your route for parks and play areas. Sometimes just a little fresh air and some running around can cure any crankiness you may be enduring!
- Bring a first aid kit with band-aids, tissues, sun screen, sanitary hand gel, etc
- Leave your travel information with a friend or family member
- Take all your medical contact information for your kids