

5 Little Talked About TRAVEL TIPS



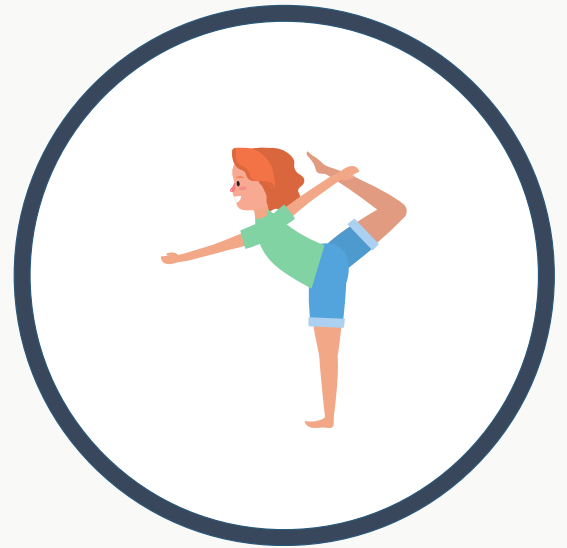
that prove traveling with kids
AND staying sane is possible



| Be FLEXIBLE

Having a plan and being organized is important, but what happens when things seem to unravel...you forgot the wipes, there's a tantrum during naptime, or constant bickering with siblings? You can't control everything, but the outcome could be different based on the actions you take. Here's a few coaching questions you can ask yourself regarding flexibility while traveling with the family:

- Before travel ask: Do I have flexibility in the schedule I planned? If not, what can I adjust to provide flexibility? (ex: moving activities that aren't time sensitive)
- During travel ask: What can I easily change right now to adapt better to the circumstances?



Pack your PATIENCE 2

Kids thrive on routine and travel is anything but routine. Long distances, time zone differences, not sleeping in your bed, and the absence of the comforts of home can wear down on anyone. Being patient with the challenging situations will help calm your nerves too. Think about a few questions to review:



- Before travel ask: What can I pack to help remind me patience is a priority this trip? (ex: visual reminder such as a note or physical object?)
- During travel ask: When someone reacts harshly could it be because they are hungry/angry/lonely tired? If so, take care of that need ASAP.



3 Recognize the need for BREAKS

I cannot stress this one enough - this means you too mom!!! Meltdowns of epic proportion come from adults too. Don't get to a breaking point on your vacation if you can help it.

- Before travel ask: Where is downtime scheduled least once each day? Try to create downtime during the day where family members seem to have the most challenges. (ex: more than 1 snack time daily?)
- During travel ask: How am I feeling in this moment? If the answer is stressed, overwhelmed, or anything similar, asses how you can change that immediately (ex: sit on your own with a book or watch the waves alone).



Give yourself GRACE 4

Taking kids to places unknown to them can be challenging. Didn't get the perfect IG pic you were craving, have dirty clothes because your little didn't make it to the bathroom in time, or missed the alarm because your phone battery died? All very common while traveling with kids!



- Before travel ask: During this trip, what can I do to be kind to myself?
- During travel ask: Have I "should" myself today? (ex: I "should have...") If the answer is yes, recognize that it has passed, and ask yourself what you might do different in the future. Then, play Elsa and let it go!



5 Embrace the UNPLANNED

When you speak with seasoned travelers there's a common theme among many of them - serendipity. Happy accidents can be fun, and have an opportunity to turn into the most unique memories of your trip. But, pivoting from the plan can cause kids to freeze and become stubborn.

- Before travel ask: In what way can I embrace the new upcoming environment around me?
- During travel ask: How can I see this as a unique and entertaining experience?



Reflection NOTES

Post travel ask. Take quick 5-10 min notes while the trip is still fresh on your mind.

1. Reflect on what worked well.
2. What didn't work well?
3. For what didn't work well, how will you do it differently next time?
4. What made the trip memorable?
5. What was challenging for you, your significant other, or the kids?
6. Final thoughts





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