

THE STAPS  
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## How to travel with children



When you are on a long road trip with your children, keep them occupied with travel games or audio books and opt for savoury snacks instead of sweet ones.

WHEN you go on a road trip with children, tempers may flare. Although you may not have a meltdown-free trip, you can try and avoid a few from occurring with the help of these tips.

If your children are old enough to walk and point, give them a camera. You can opt for an old camera or an instant one or an old phone, perhaps – these are good enough.

Let your little one picture the journey from the car's back window to the chocolate display at a rest stop.

For older children, make it a treasure hunt: capture three red cars, two dogs, four cows, etc.

### Don't buy sweets

Chocolate and ice-cream are easily available but then you have to deal with the sugar rush too, which will add to general crankiness.

Pack savoury snacks such as cheese triangles, mini sandwiches with peanut but-

ter and peeled, chopped fruit. If you are feeling fancy, satay sticks with cubes of meat, cheese and cherry tomato are fun too.

### Buy some audio books

There's nothing like having great actors read out stories, especially if there's a book to read along at the same time!

Companies that make cartoon films tend to put out merchandise of CDs with original character voices and sound effects from the film.

### Pack a special game

There are plenty of great travel games sold today from travel scavenger hunt card game to magnetic checkers.

Look for something the kids will like or better still, let them choose it themselves a week or two before the trip but don't let them play until you set off on your journey. That way, it won't be old by the time you crack the box seal.