



My Family | Parenting on Holiday

For many of us summer holidays are an ideal time for rest and relaxation, however, for parents it's often a juggling act, trying to keep children happy –and occupied– while also trying to relax.

Preparation is Key

New experiences can be frightening for children, so prepare as much as possible beforehand.

Practice makes perfect:

Show them how to use earphones for the flight and let them use their goggles, swim hats and armbands in the bath. And if you want to go all out, practice going through airport security. You can set up a pretend security line and practice removing shoes, belts and how to put their electronics (which they might be using at the time) into the tray.

Familiarise:

Show them pictures of the area you'll be visiting, the hotel and tell them a little bit about the place – the climate, the food, the activities you've got planned. If you're going somewhere they speak a different language (if they're old enough), teach them two or three important phrases, like hello, goodbye and thanks.

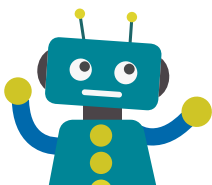
Ready for take-off:

To prepare them for the flight show them where they're going on the map and talk about how you'll get there and back. Let them pack and bring their own carry-on luggage with a few small toys (cars, a colouring book, their favourite teddy) and a few little snacks.



Manage your expectations

Holidays are a great time for a break, however it's important to manage your expectations—Holidays before kids were a very different animal!





Routine

Although you're on holidays, allow some parts of your day to be the same as at home, such as meal times and bed times. The routine will be a comfort for them when they're in an unfamiliar place. For bed time, bring their favourite books, pyjamas and teddy or comforter.

Keep Calm

Unfortunately, whether you're at home, in the shops, or in Ibiza, tantrums can still happen – children are not selective about location! Children can misbehave because they're frustrated or a little confused, which can happen on holidays. A little bit of routine can help with this.

You're the parents

If you're travelling with friends or extended family, they may treat their children in a certain way, or try to convince you to relax your parenting—don't be influenced by others' opinions on how your children should behave. You're the parents: you set the rules! So, don't give opportunities for mayhem by relaxing the boundaries too much.

Breathing space

If you're staying in a place with kid's clubs or activities, take a bit of time for just yourself or you and your partner! It's amazing what a bit of breathing space can do.

