

# Tools for Life – Weekly Health & Safety Meeting



## Home Healthy - Home Safe

Date: November 2022

### Family Wellness Pt. 2 – Holiday Travel

Many of you may be planning to travel with your family this holiday season. Traveling with a family has many challenges that vary based on your desired length of travel. From hopping in the car to run across town to see the grandparents or planning a family vacation to decompress from the year, here are a few recommendations by professionals to help families get safely to their desired celebrations.

1. **Have a plan** – Have a plan and share it with your family. Where are we going, what time are we leaving, what stops are we going to make, and what things are we taking. The sooner your family knows what to expect, the sooner you can have a plan in place that gives you a roadmap to stick to. Make no mistake, your plans will probably change, but having an original plan will help the changes be less stressful as a whole.
2. **Bring snacks** – Traveling in a car or even on a plane, one of the best ways to kill the stress is by bringing some of your favorite road trip snacks along for the ride. If you have small children, it's a good time to let them choose a snack that isn't regularly available in the house. Jerky, nuts, trail mix, and small sandwiches are always easy to travel with and filling. Candy and sodas will lead to sugar crashes and sugar cravings that will leave most people still hungry and looking for more.
3. **Entertainment**- Traveling now-a-days has a lot of entertainment options. iPad, iPhone, laptops, and all the other mobile devices are a lot more sophisticated than the coloring book and crayons many of us grew up having to be happy with. Traveling generally doesn't allow for you to have a connection to Wi-Fi all the time, so pre-load your content on your devices so you don't lose it when you run out of a signal.
4. **Prepare for some hiccups** – "A plan is just a list of stuff that doesn't happen." Sometimes when traveling, that quote is all too fitting. Be prepared for some delays or changes and prepare for the worst. If traveling by car be sure to have extra blankets, water, and food in the chance that you may come across bad weather or car troubles. Having chargers, books, pillows, and cash will help you prepare for some of the delays you might have while flying or being stuck in an airport.
5. **Hold hands** – Traveling around busy cities, businesses, airports, or malls brings crowds of people. Give your family the instructions to hold each other's hands especially those of young children, so they don't get lost in the crowd. There are personal tracking devices you can purchase to put in a pocket to help locate items or people with your smart phone. This might seem a little extreme but has been a common practice for parents in the past few years when traveling in other cities.

Traveling with family brings a lot of fun memories. As a parent it can be more stressful than fun. Being prepared will help your family enjoy the experience and minimize the stress.

#### Discussion Points/Quiz Questions:

1. Does anyone have any suggestion to help with holiday stress?
2. What are some ways that work best with your family when traveling?