



Hints For A Happy Family Road Trip

(NAPSA)—Before you wave goodbye for this year's outing, keep in mind the following family tips from childcare experts. With a little planning and know-how, a family trip can be a smooth ride for everyone. Pack an assortment of games, toys, music, and other kid-friendly distractions. Timeless travel games such as "I Spy" and "Look for Red Cars" can help keep kids occupied. Some parents choose to travel at night while the kids sleep.

Pack snacks and drinks for the road. Finger-friendly fruit, cheese and crackers are good choices.

Juice and drinks can help keep a child hydrated on long plane rides. Sipping from a bottle or a cup can also help prevent ear pain that many children experience during takeoffs and landings.

For car trips, make sure your child's safety seat is properly attached and secure. A safety seat is also recommended for plane rides.

Take along any prescription medications your child needs, as well as information on any medical conditions and your pediatrician or family physician's name and phone number.

Many parents have found that traveling with children involves carrying along an enormous amount of "stuff." One way to cut back on the clutter is to use a family-friendly assortment of toiletries that everyone can use. For example, Johnson's® Moisturizing Gen-



Traveling with children can be an easier experience with some planning.

tle Cleansing Cloths can be used in place of a flimsy washcloth and a harsh soap at the hotel and offer a fresh, clean cloth at every bath time. And by adding a little water at your next on-the-road rest stop, these disposable easy-to-carry cloths can help clean sticky hands on the go. When it comes time for bathtime, Johnson's® Baby Shampoo with Natural Lavender cleans hair gently, with a scent that can help relax babies, small children and adults after a long day of travel. After a day of sightseeing, Johnson's® Soothing Skin Baby Lotion can help skin of all ages that has been overexposed to sun or wind.

Finally, keep in mind that family outings are meant to be a time for everyone to enjoy, so along with the baby gear and child-friendly toys, don't forget to pack a little patience and humor. *Bon voyage!*