



TRAVEL TIPS

Roadmap For Stress-Free Family Travel

(NAPSA)—This year, summer travel is all about family, car and country. Nearly four out of five (79 percent) travelers with children plan to hit the road to enjoy all things Americana, according to a recent Harris Interactive poll.

The poll of 1,002 households, conducted for Holiday Inn hotels, discovered interest in visiting patriotic sites and historic cities is up 22 percent from the previous year, indicating traffic to American landmarks may increase by as many as 63 million visitors in the near future. By all indications, the all-American family road trip is back.

“Common experiences help cement a family together,” says family management expert Kathy Peel. “Every child’s mind is a curator of memories. Fun family trips are an important part of building a rich museum of positive remembrances for our children.”

Peel offers fresh tips to reduce stress and infuse fun into a family road adventure:

- Schedule a family meeting to talk about the trip budget and each member’s expectations. Estimate the costs of different ideas and then prioritize the list together.

- Search for affordable, family-oriented lodging. At Holiday Inn hotels, for example, kids always eat and stay free. And just in time for summer vacations, the new “Dinner’s on Us” promotion enables mom and dad to eat free too at the hotel’s restaurant every night of their stay. (Find out more at www.holiday-inn.com/free-dinner or call 1-800-HOLIDAY.) Additionally, in select locations such as California and Florida, some hotels offer KidsSuites rooms—a special, themed room-within-a-room just for kids that



Kid-friendly hotels make family road trips easier for Mom and Dad.

will keep children entertained and give them their own space.

- Before you leave, make a list of some of the towns, rivers, and historical sites you will pass to create a variation of “I Spy” for the drive.

- Allow each family member to select a CD or book on tape that the whole family can enjoy.

- Start a reading program for the trip to build excitement about the places you will visit.

- Have your kids start a road trip scrapbook to collect memorabilia and record special memories.

- Let children have their own disposable camera for the trip.

- As you travel, or immediately upon return, record highlights and “lessons learned” to use in next year’s planning.

*Kathy Peel is the founder and CEO of Family Manager, Inc. and the best-selling author of 15 books, including *Be Your Best: The Family Manager’s Everyday Survival Guide* and *The Family Manager’s Guide for Working Moms*. She serves as contributing editor to *Family Circle* magazine and writes regularly for *American Profile*.*