

Pointers For Parents

Road Trip Tips For Family Fun

(NAPSA)—Whether driving to and from camp, practice and play dates, or taking the family on the road for a vacation, traveling with the kids can be a breeze if parents take a little time to prepare. Through thoughtful planning, parents can avoid the travel blues, and make car trips enjoyable for the kids, too—transforming hours on the road into a fun time for the whole family.

Are We There Yet?

Children can easily become restless when riding in a car for an extended time. Two keys to successful road trips are activity and variety. Break up the monotony of the drive with frequent stops to see interesting landmarks, or simply get out of the car and stretch your legs—many U.S. highways still feature roadside rest stops with parks, picnic areas, and restrooms. While traveling, it is also important to remember to eat wholesome meals at regular times. One way to ensure this is to pack a picnic basket for the day or try out new, exciting restaurants along the way.

I Want Snacks!

At home and on the road, par-



Road trips are a popular travel option for many families looking to travel this summer.

ents want their kids to eat well, but bringing certain foods along for the ride can be a drippy, sticky situation. In a recent Snack Survey commissioned by Nestlé Raisinets, nearly 90 percent of parents said they want to offer their kids snacks that are both good-tasting and wholesome. Additionally, the survey found that 80 percent of parents include fruit in their kids' lunches, but kids usually trade that item for candy, cookies or less nutritious fare. Snacks that are less messy, but still better and appealing to kids, can include dried fruits and chocolate-covered fruit snacks that kids love to eat, such as

Nestlé Raisinets. Kids get a tasty snack they enjoy, and parents get the satisfaction of knowing their kids are eating a treat that is 30 percent lower in fat than other leading candy brands.

I'm Bored

To keep kids entertained with educational and fun activities, pack a special travel backpack for each child in the car. Include crayons and coloring books for younger children, and magazines and handheld games for older kids. Don't leave them to their own devices for too long. Play interactive games in the car and reward kids for their accomplishments with special car-friendly snacks, such as multigrain crackers, crunchy cereal, or individually wrapped fun-size Nestlé Raisinets.

On The Road Again?

Road trips are a popular travel option for many families looking to travel this summer. By simply planning ahead, preparing activities and packing plenty of nutritious and fun foods that are better for you, parents can ensure happier kids and a drama-free trip that is fun for all.