

# Are We There Yet?: Keeping Kids Happy When Travelling

## Description

[keeping kids happy, travelling, road trip](#)

## Image Source

Whether it's a car journey or a long flight, kids are likely to get bored without things to occupy them. In order to avoid tantrums and the dreaded "are we there yet?" question, why not try some of the travel tricks to help keep your kids happy.

### Bring a tablet

By tablets, we don't mean paracetamol (unless the kids really are giving you a headache). iPads and Galaxy Tabs and other touchscreen devices are the ultimate distraction tool. They can be used to stream [bike games](#) or you could even download a few turn-based games for kids to share. They can also be used to stream movies. You can even download audio books and music for them to listen to (you could pack some headphones for them to use so that you can still listen to the radio). It's more convenient than having to give your kids your phone, which you may need to use for GPS or your own entertainment.

### Load up on snacks

In case kids get hungry, it's worth packing a few snacks. You probably don't want to pack too many sugary snacks as this could make kids hyper. That said, a couple sweets could be useful for a flight to help combat cabin pressure in the ears during landing. You may have to buy these snacks at the airport after going through security, so make sure you leave yourself enough time after check-in.

### Play family games

Journeys can be a great time for family bonding " you could all pass the time by playing games. Obviously, during a car journey you don't want anything too distracting for the driver " keep to simple games like i-spy and the [pub sign car game](#). When it comes to flights, you may have more option. You can buy small fold-up version of board games like chess, Monopoly and Cluedo that are great for long journeys, as well as card games like [solitaire](#). Bring a selection of games so that you've got lots of choice.

### Plan toilet breaks

Be strategic when it comes to kids' toilet breaks. Make sure that your kids use the toilet before boarding the flight as they may not be able to use the toilet on the plane until several minutes after take-off. When it comes to car journeys, stop every two hours and make sure kids use the toilet before getting back in the car " especially if they've eaten or drank something. This will prevent you having to deal with agitated kids that are desperate for the toilet.

## Keep them cosy

Encourage you kids to nap during the journey by bringing a blanket and pillow. This could be much needed if you're travelling early in the morning or in the evening and could prevent you having to deal with overtired kids. There are lightweight [travel blankets and travel pillows](#) that you can buy that are perfect for such journeys.

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