

Outer Banks Vacation: An Early Lull

Description

Day three of our Outer Banks Vacation found us with zero plans for the day. No sights to see or activities to do, just sand, water, and waves at our disposal.



Exactly as we plannedâ€¦to have no *plans*.

Before leaving, I spoke with some neighbor friends who just returned from the beach with their two toddlers and they mentioned regretting spending so much time trying to do and see things. As they were leaving to come back home, they asked their kids what they enjoyed the most, and they just replied â€œthe beach.â€• After going places, spending money on sightseeing and activities, toddlers still appreciate the free things in life the most.



What our friends said made sense, and sticking with doing what you do on a beach vacation, *go to the beach*, Avery confirmed we made the best choice. Thank you, neighbors, for such an obviously simple tip when traveling with tots. Weâ€™ll have plenty of time when sheâ€™s older and wants to do things that require effort (and money), so why rush it?

I woke up earlier than the girls to go for a walk. After climbing down from my top bunk sleeping quarters, my two beautiful girls looked too precious to wake. Instead, I snapped a pic and left for a walk to let them sleep. Ahhh, having no plans/deadlines is great!



Upon returning, I prepared breakfast using the jumbo lump crab from our meal the night before.

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More #crab for #breakfast? Oooooo yes! With kale, #avocado, and Greek yogurt. #readyforthebeach
#healthyeating #eatrealfood #foodie #healthy #grainfree

A photo posted by RC Liley (@going_dad) on Jun 13, 2016 at 8:22am PDT

Fresh seafood never gets old, and I would argue itâ€™s perfect for any meal of the day. This helped fuel are day of no plans.

Now donâ€™t mistake having no plans as just lounging around. We kept active riding the waves, teaching Avery how to boogie board (aka we hold her on top and let her float), and searching for

seashells in the sand. Oh, and flying over the water with Daddy.



Taking Beach 101 made that Monday, our third vacation day, zoom by. We had lots of fun under a partially covered sun, which I'm sure Uncle Preston appreciated after his [neapolitan burn the prior day](#).



I'm not blushing!..

When you're having fun, sometimes thinking of food goes by the wayside. Our stomachs finally cried out in protest which brought us home for lunch. After cooking a quick lunch of sweet potatoes, broccoli, and goat cheese (staples in and away from home), Avery took a nap while Going Mom and I went for a walk together.

The walking during naptime became something weâ€™d do almost every day as G-Ma happily stayed to keep watch. An added bonus of this is that Avery always wakes up much happier when G-Ma greets her.



With most of the day over, we spent the remainder of the day at the beach house. Avery kept everyone entertained as she ran around singing and getting into everything. We tried to scold her, but she would simply turn on her best defenses for which are powers were no match.



Damn cute kid! Before turning in for good and having dinner, we made one last trip to the beach to take a quick dip in the mineral rich waters and walk barefoot in the sand to look for more seashells. Avery would do some form of dancing yoga to celebrate when she found a shell.



Not sure where she gets it, but it sure does make us smile. Then it was back to the beach house for more smiles with G-Ma before turning in for the night.



The next day had more in store, including ocean kayaking and long family walks on the beach, so getting a good night's rest was essential. Day three was a lull, but far from lacking by any means.

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