

How to Have a Better Day at the Beach with Your Kids

Description



[Image source](#)

At this time of year, one of the most fun things to do with the family is head down to the beach and spend some time building sandcastles, swimming in the beach and eating cool ice creams.

Unfortunately, trips to the beach aren't always so idyllic, especially when you have young kids in tow. Often they get too hot, tired and uncomfortable too quickly and what should be a great day descends into tears and tantrums. If you want to avoid that happening, and have a wonderful time in the sun, here are a few things you can do to make it so.

Dress the Kids Appropriately

If you want the kids to feel as comfortable as possible on your beach trip then dressing them right for the occasion is pretty important. First of all, you're going to want to ensure that they have comfy shoes. For babies and toddlers, soft-soled shoes like these [Olive and Bean Baby Moccasins](#) are ideal because they are as comfy as they are supportive, or if kids are a little older, Crocs or even sneakers will be better. In terms of clothing, loose-fitting garments made from natural fabrics like cotton are best (although they might not be optimum for washing) because they will allow the kids to breathe. If their skin is going to be uncovered for any length of time, be sure to apply lots of sun lotion on a regular basis to avoid burning too.

Pack a Pop-Up Tent

Packing a pop-up tent or sun shelter is an excellent idea because they are lightweight and can be folded up into a small bag with ease, and they will ensure that whichever spot you pick on the beach, you will always have access to a cooler, shaded area where you can all sit if the heat is getting too much for you.

Pack Activities



[Image source](#)

Although you might think the beach is all the entertainment you need, well apart maybe from a bucket and spade for building sandcastles, a lot of kids will get pretty bored with the sand and the sea before youâ€™re anywhere near ready to head home. For that reason, it never hurts to pack some crayons and coloring books and a few small toys that you know they enjoy, so if they arenâ€™t into paddling or burying dad alive in the sand, you have other options to [keep them busy](#). Trust me, youâ€™ll be glad of those crayons.

Bring Beach-Friendly Blankets

If youâ€™re heading to the beach with really young kids who still enjoy their naps from time to time, youâ€™re going to want to bring some washable blankets along, so you can make them comfy if they need to sleep. A well-timed nap will, most of the time, nip any tantrums in the bud, so this is one step you arenâ€™t going to want to skip. It might also be useful to bring along a soft toy for snuggling if your child usually has one to nap with.

Pack a Cool Box

When youâ€™re at the beach, itâ€™s important that you keep everyone hydrated or they could start to get cranky or even become ill. [A cool box](#) which will keep everything chilled, filled with lots of water and juice boxes is ideal and will save you money because most of those beachside stores and kiosks are pretty expensive.

Go Early



[Image source](#)

Heading to the beach earlier in the (say before 9 a.m.) is a good way of ensuring that you get the best spot for your family. After that, if it's a really nice day, the beach will start to fill up and those prime spots that are close to the sea, near a little shade and close to the facilities, will be snapped up so fast. If you go really early, you may even have the beach almost entirely to yourselves for a little while.

Sit Near the Lifeguard

If you sit near the lifeguard, although you should absolutely be watching your kids very closely at all times, you won't have to worry quite so much because you'll know that should you get separated there will be a trained pair of eyes to alert you and intervene if necessary. So, don't get in their way, but stay close by them if you can.

Plan a Treasure Hunt

Want to ensure the kids have fun and stay engaged enough that there are no tantrums? [Plan your own treasure hunt](#) and you can pretty much guarantee that you'll all have a blast without any problems whatsoever. I mean, which kid doesn't like finding the treasure hidden in the sand?

Have fun at the beach!

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