

RENAULT CAPTUR



MUMMYPAGES TOP TIPS FOR KIDDIE CAR JOURNEYS

**In association with
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We all know that travelling can be stressful, especially when you have a couple of children in tow. Whether you're travelling somewhere for a week or it's just a day trip to another part of the country, a car journey with kids can turn into chaos.

No one wants to arrive at their destination frazzled and stressed out, so follow our top tips for a smooth family car ride.

EMERGENCY SUPPLIES

THE THINGS YOU SHOULD DEFINITELY PACK IN THE BOOT

First aid kit

Because kids will be kids. Your kit should be stocked with plasters, antiseptic, burn gel, bandages, scissors, absorbent pads and tape. It's also a good idea to have some child-safe paracetamol or ibuprofen product in there so you're prepared if your little one suddenly develops a fever.

Change of clothes

It is always a good idea to have a simple change of clothes tucked away in the boot for each family member. A long-sleeved top, trousers and socks should keep you covered when you find yourself stuck.

Baby wipes

For the inevitable messy situations.

Bin liners

You'll be thankful for these when you find yourself with muddy wellies, damp towels or mucky clothes you can't leave your child sitting in.

Spare bottles of water

For when you need to wash feet after the beach, for when Ireland's crazy weather turns the day surprisingly hot, for when someone gets travel sick – water is always useful.

Extras

If you're taking a family road trip, it may be worth storing a bag with swimming togs, a Frisbee and picnic blanket in the boot so you can facilitate spur-of-the-moment inspiration while on the road.





TRAVELLING

Be prepared

Be aware of petrol stations along your route and check that the car's spare wheel is fighting fit in case it needs to be used. Finding yourself stranded with cranky children will not get your trip off to a good start.

Plan around nap times

If you can, plan your drive around your little one's nap times. If they sleep for part of the trip, it won't seem as long of a time to them.

Plan frequent rest stops

If you are travelling a long distance, make sure you have stops planned along the way. This helps the driver stay fresh and also allows the kids to make regular bathroom trips and stretch their legs. You'll be glad you scheduled in a few breaks to help them burn off their energy.

Plan food stopst

Don't leave this one to chance. Depending on the length of the drive, pencil in one or two food stops and identify good places to pull in for family-friendly meals.

Give your child a map

Turn the car journey into one big game by drawing a simplified map for each child. Write down the names of towns and villages you'll pass through on your way in the right order and link each one up on the page with a line to mark the road. They can tick off each town once you reach it, making it fun for them.

Have some treats ready

You'll encourage your children to behave during the car journey with a few well-planned treats.

You can even pack a goody bag for each child, filling them with snacks, a comic, puzzle book, colouring pad or whatever else suits their interests. Surprise them with it about an hour into the journey when they begin to get cranky.

Travel Friendly Games

Make car travel interesting by playing games like I Spy. If Mum and Dad need to concentrate on driving and navigating, make booklets containing pictures of things you'll see on your trip (red cars, cows, sheep) and let them mark each thing off as they spot them.





ENTERTAINING

Bring supplies

Books, colouring items, puzzle books, music, and travel games are the perfect way to keep kids from fighting and complaining when they get tired of travelling.

Prep for all weather

We live in Ireland so the weather is not something we can depend on. Be sure to have activities planned to suit all weather scenarios at your destination.

Festival fun

We always hear about the big music festivals during the summer, but did you know there are lots local festivals taking place all year? Why not check if there are any local events happening at your destination or at a place you'll pass during the car journey. Perfect excuse to stretch your legs and let the kids burn off some of their energy.

Keep it interesting

Visit places that your little ones have learnt about in school, so they the trip is relevant to them. Maybe they read about the Battle of the Boyne in their history book or studied the Cliffs of Moher in geography class. They're more likely to behave during the car journey if they are interested in the destination.

Daily itinerary

If you're planning a week-long holiday that includes driving to various places, make a plan in advance and give it to the kids to keep track of. You can also give them a few options on different days, so they can make the choice. They will feel like they're calling the shots and be more enthusiastic about getting into the car.

