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NASSAU COUNTY SPiN

A Crime Prevention Partnership
SECURITY / POLICE INFORMATION NETWORK



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Car Travel -Tips for Family Road trips

Pace: try to allow enough time for rest stops. Two hours of car time, then a break, makes a good pattern, with young children.

Pack: a first aid kit, a special backpack or bag for each child, with crayons, books, toys, activity sets, stickers, handheld games-- including some new wrapped surprises for little kids, also remember food items, such as fruit, crackers, juice packs, treats; a small cooler, or insulated bag, for cold drinks; plastic cups; band aids, a dishtowel; frisbee and ball for rest-stops; and baby-wipes no matter how old your kids are.

Pint-sized board games: can be a sound investment. And a tray-- or "travel desk" suspended from the back of the front seat-- is handy, for any activity.

Play: stories on CD's or audiocassettes— they make the miles fly by. Play a story for the whole family on the car stereo system; or bring individual players for your kids. Visit your local library to stock up on stories.

Playrooms: fast food establishments have great playrooms on major highways. Let the kids burn off energy while you order their food "to go" to eat later in the car.

Playgrounds: every school and most parks have them! Little limbs need to shake, rattle, and roll.

Picnics: they're fun; the kids can run around; and you save money, too. Pack your own picnic from home, or buy items at a deli or grocery store.

Potties: it's worth bringing a training pottie, if your child has need-to-go-NOW emergencies.

Vehicle Entertainment: use a DVD player or laptop, and turn your vehicle into the Cinema on the Highway.

Source: www.About.com