



## Tips for Traveling with Young Children

by Tulum Dothee

If you plan on traveling somewhere this summer with young children, keep in mind the following.

Young children can only sit for a couple hours at a time. Break up your drive with lots of stops. Running on the grass at a rest stop will improve everyone's mood.

Have each child pack and carry a backpack with activities, snacks and water. Include 2-3 non-messy food groups, one a protein. Anytime you visit a restroom follow it with a big drink of water to stay hydrated. Snack every two hours to keep spirits up.

Pack additional surprise snacks and items to get you through tricky moments.

Listen to books on tape appropriate for the entire family.

Bring along individual music players with ear phones for each child so you can have a break from their choice of music and enjoy an adult conversation.

Plan car trips during sleep/nap time.

Agree ahead of time how many times you will answer "Are we there yet?" types of questions. It will help if you go over your itinerary, complete with maps and time tables so your children will know what to expect. Children 4 years and up will particularly enjoy being "in" on the scoop and reward you with better behavior.

If you have to fly, plan the flight for the morning when your child is rested. Avoid traveling during the "witching hours" right before dinner.

Ahead of time discuss and practice how we treat each other in the car and on the plane. Make it fun and short. The more you do it, the better your trip will be.

Play "What do we do when..." games while on the road. The role play will give your children valuable skills on how to act in public, and with friends and relatives you are visiting.

**When visiting friends & relatives:**

Preplan your visit. Clarify what everyone wants to do and what is reasonable. Check the list out with your hosts and readjust as necessary. Create a framework of meals, rest, bath and bed time. Fit in outings and activities around those necessities.

Balance your together time. Schedule some outings for everyone, and to give everyone a break, some for the immediate family only.

Help your children stay grounded by connecting every hour to read a book or play a simple game.

At gatherings, let your hosts know ahead of time that you will be leaving when the children have had enough.

Chat after a gathering to share feelings, thoughts and experiences.

## Events & Classes

July 11

**Friends of the Library Book Sale**

1st Saturday of Every Month - Monthly Used Book Sale, Friends of the Nevada County Libraries. Foley Historical Library, 211 N. Pine St., NC. 9am-3pm. Find quality children's books for 25 cents. Phone: 265-7050.

July 15, 22, 29

**Summer Nights in Nevada City**

Street Fair in downtown Nevada City with arts, crafts, classic cars, food, drink and music. Musicians perform on outdoor stages throughout the downtown area. 6:00 - 9:00 p.m. FREE. Phone: 265-2692.

July 15

**Ice Cream Social**

11:00 a.m. - 3:00 p.m. Community Memorial Garden at the Old Jail Museum, Jibboom Street, Downtown Truckee. Truckee Donner Historical Society. Phone: 582-0893

July 15 - 18

**The Sound of Music**

The hills of Nevada City are alive with The Sound of Music as Sierra Stages launches our "Broadway in Concert" series at the Miners Foundry. 7:00 p.m. Thursday, 8:00 p.m. Friday & Saturday, 2:00 p.m. Sunday. Tickets: \$15.00 Thursday preview and matinee. \$20.00 Friday and Saturday night. Phone: 346-9926 x 3

July 17

**25th Annual Children's Festival**

There will be over twenty arts and crafts tables, including costume making, cardboard castle construction, soapstone carving, puppet-making and much more. There will also be jugglers, storytellers, face painters and wandering musicians. 9:00 a.m. - Noon & 5-8 p.m. Pioneer Park. Admission is \$3

July 25

**Nevada County Concert Band "Americans We"**

Pioneer Park bandshell. This is a family-oriented, open-air concert in the park featuring music written by and for Americans. 5:00 p.m. - 7:00 p.m. FREE. Phone: 272-6228

Limit your visit to two to three days.

It is the human connections that your children will best remember. Try to give those more importance than grand events.

*Tulum Dothee is a credentialed and certified educator and counselor, with 30+ years experience teaching and working with families. For more information visit [www.oakhavenmontessori.com](http://www.oakhavenmontessori.com).*

## Things to do...when you don't know what to do

- Sing along with book/CD (you can rent from library)
- Play dough/clay
- Sort noodles/beans/ buttons (use egg carton for sorting)
- Markers/crayons/ water colors
- Puzzles (make a puzzle too!)
- Make cereal/bead necklaces (use dental floss)
- Stickers
- Balloons
- Fill large bowls with cotton balls and transfer cotton with tongs, large spoons...
- Cut paper with kids safety scissors
- Take off the couch cushions and jump/roll on them and make tunnels/houses
- Put dish soap in a bucket and add hose water to make a bubbles
- Feathers and a fan
- Cut/paste pictures from old magazines
- Sidewalk chalk
- Mix colored water (add food coloring to bowls of water and cups)
- Painting (paint with objects other than paintbrush like veggies, forks, hair brush...)
- Mix cornstarch and water
- Blow bubbles
- Hide something and hunt them (popsicle sticks, plastic easter eggs...)
- Make forts
- Make a mobile
- Take pictures/videos with camera
- Reading/writing books
- Art/collage (you can buy great craft supplies at the dollar stores)
- Play with flashlights
- Play dress up
- Puppet show
- Play ball (roll back/toss into bucket/knock down like bowling...)
- Water Play outdoors/in tub
- Hang laundry
- Dancing/freeze dance
- Buy a bottle of shaving cream and play with the foam outside or in tub

*Contributed by Kelly Stover and her mom's group. If you're interested in meeting other parents with kids the same ages as yours go to [www.sierramadresandpadres.com/](http://www.sierramadresandpadres.com/)*

July 24 – 26

**24th Sierra Storytelling Festival**  
Stories from African, Asian, Irish, Jewish, and Native American traditions as well as traditional folk tales. North Columbia Schoolhouse Cultural Center, 17894 Tyler-Foote Crossing Road, Nevada City. \$15 - \$25.  
Phone: 265-2826

July 30, 31 & August 1, 2, 7 - 9

**The Wizard of Oz**  
Nevada County Performing Arts Guild (PAG) presents The Wizard of Oz. A Delightful Original Musical for the Whole Family! Full of twists, turns, and enchanting original music. The Center for the Arts. Thursday & Friday 7:00 p.m. Saturday & Sunday 2:00 p.m. Adults: \$8, Children 12 & Under: \$5, Students & Seniors: \$6. Phone: 277-7100

## Ongoing Events

### Baby & Me

Join in for songs, playtime, and discussion while getting to know other parents and babies. Join an existing group now. Birth to 12 months. Weekday mornings at the Grass Valley Methodist Church in downtown Grass Valley. FREE to first-time participants, sliding scale fee up to \$50 for 10 sessions for subsequent groups. Phone: Meg 913-2745

### Toddler & Me

Join in for songs and playtime in a preschool setting while getting to know other parents and toddlers. We are creating new groups now for children 12 to 24 months. Monday mornings at the T.K. McAteer Family Resource Center in Nevada City. FREE to first-time participants, sliding scale fee up to \$50 for 10 sessions for subsequent groups. Phone: Samie 265-0611 x223

### Early Pregnancy Consultation

Mention the First 5 Newsletter to receive 50% off. Now only \$27.50. For women in their first or second trimester. Consultations scheduled regularly. Call to schedule: 477-5442



You are reading a printed version of our new on-line newsletter Little Steps.

To see this in full color, and save a few trees, we encourage you to sign up for the on-line version.

Visit [www.first5nevco.org](http://www.first5nevco.org)

Enter your e-mail address in the box on the home page and you will be e-mailed an edition of Little Steps at the beginning of each month.