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Traveling With Kids. Managing Multiples

May is upon us! The rains are almost gone and travel is in the air. This month we celebrate the spirit of adventure by discussing how to travel with children. It is all about managing multiples. What does vacation mean to you? Are you ready for a trip with kids? What is your flexibility threshold? Come and hear packing and travel strategies from moms and dads who know... Exchange ideas about creative travel journals and the magic of recyclables. Learn the TEAM approach to managing multiples.

Bootcamp: May 2 or May 4. Fee: \$25 at the door. [Click here for time and location.](#)

Bootcamp: May 17, 9:30- 11:00 am at the YMCA, Palo Alto. Admission is free.

May TV Show: Beginning May 30, every Tuesday at 3:30 pm, Channel 15 in Mountain View, in addition to regular weekly programming on Channel 30 in Palo Alto. [Click here for complete TV schedule.](#)

May sponsors: Curves at South Palo Alto, Create It! Studio and J. Motion Dance School. Scroll down for their coupons.

New! Our column for entrepreneurs: ["I Love What I do, But How Do I Make Money?"](#) This column will help you address basics on starting or running a business and managing a family. This month's topic is ["Ten Steps to Jump Starting Your Business"](#)

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Have Baby, Will Travel?



decide.

Many families decide to travel when the kids get older and are easier to travel with, yet many others take on the challenge and have a very enjoyable experience. It is a difficult decision. The dreaded day of travel, sleepless nights, and off-schedule behavior might make you want to say "Forget it!" Here's how to

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Cross Your Finish Lines



Motherhood is cyclical. The clothes always need to be washed, the family fed, the dishes and house cleaned, and the toys or gear picked up. Cyclical goals are just that - a cycle. Concrete linear goals, on the other hand, help you feel that you are making some headway in the motherload. Pick a linear goal and record your progress. The process, not the final product is the goal. Small victories can boost your enthusiasm so that you tackle the following week with a renewed sense of purpose and vigor. Gain a sense of completion and accomplishment and move on, refreshed and energized to go to the next level.

- set realistic objectives
- identify achievable goals
- turn each daily

- **Access your energy level** and the kids' ages and stages. Infants up to the stage of crawling are quite portable; however, taking a one-year-old on a plane is a different story.
- **Think about duration.** Flying coast to coast for a weekend trip with small children is difficult, but staying for a week or two will give the kids time to adjust and settle in a bit.
- **Ask yourself if it is an adult or kid-oriented trip.** Once you are there, what will the kids do? If the goal is to get in a lot of sightseeing, museums and fine dining, then you probably want to find a kids club, a bit of babysitting or take the kids when they are older.
- **Compartmentalize** travel days vs. vacation days and keep the fun in the vacation. Tip: You can pay each child \$1 per travel day (i.e. in the car or on a plane) to reward them for teamwork and no complaining. Traveling is challenging. Extra hands are often needed and good moods are helpful!
- If with a group or large family gathering, **develop a game plan** for: helping kids through buffet lines; for tagging each other re. who is "on duty" with kid-safety and who is "off-duty;" for getting paraphernalia back to the room at the end of each day; and for getting a bit of quality time with your nuclear family. Know your or your partner's flexibility threshold to help daily group decision-making go more smoothly.
- **Get into adventure mode.** Mishaps will happen. Take them on as challenges rather than problems. Keep the fun by finding the fun factor.

Managing Multiples

If you are raising multiple children, you can always draw on the model of TEAM = Teamwork, Encouragement, Accountability, and Management.

Just as team players on a sports team help each other out, families with multiples benefit from teamwork. The older kids can help the younger ones in a variety of ways. Be creative and assess your family's needs and abilities. Praise the kids for their help. Tell some friends about it to reinforce the helpful behavior. The following tools will help you in the process:



- **Teamwork:** charts, stickers, allowance, QT, and earned privileges can motivate your brood to be team players.
- **Encouragement:** never forget to praise their good work.
- **Accountability:** everyone helps. Set up clear expectations and stick to them. You are teaching your kids important life skills by not being a net.

challenge into a small victory

When you begin to look at your daily challenges as a set of possible accomplishments and the opportunity for celebrations, you are ready to take on the next challenge: starting a new business. Yes, you can do it.

Quick Links...

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[Calendar: TV Show, Speaker Events, Bootcamp Dates](#)

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- **Management:** streamline the tasks; distribute and organize age-appropriate activities for everyone; expand the "village" and your support network.

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free

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- Dance Sports (Ballroom dance), Wed 8-9 pm, adults
- Ballet, Wed 4-4:45, ages 4-6
- Ballet, Wed 5-5:50, ages 7-10
- Hip-Hop, Sat 2-3, all ages

[Call 408-530-9318 or click here for more information...](#)

Offer Expires: August 30, 2006

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