

TRAVEL TIPS (AGES 2+)



**TIPS FOR TRAVELING WITH KIDS +
HOW TO BUILD YOUR OWN
ACTIVITY BOX
BY DR. ORGANIC MOMMY**



DR. ORGANIC MOMMY
COM

BE PREPARED

The number one tip I found to be most helpful is **BE PREPARED!**

Does staying up all night the night before I travel help me? Weirdly, yes because I feel so much calmer during the chaos of travel. Have I learned not to procrastinate? Sort of, but I know I'm getting better at it every time I travel. This last time, I started my travel kits 2 days before since I had made my packing lists a week before and had already finished packing 3 days before. Huge accomplishment for me because I really do procrastinate when it comes to packing.

Having **activities and snacks** are key but how you divvy them up is also important. Find my activity boxes on pages 3-6 and my favorite snacks on pages 8-9.

I like [this book about plane travel](#) as preparing your child for what to expect can help lessen the anxiety of their first plane ride. It talks about waiting in security lines, placing your bags on the belt, and the loud noises and movement of the plane that happen during takeoff and landing.



ACTIVITY BOXES

A personalized lunch box (I'm talking the old school kind) filled with different activities makes a world of difference. Not only do they feel special, but the novelty of it delights (at least long enough to let you have some peaceful moments). When my son was 3, I found that this box entertained him for a few hours—though I do have to help out sometimes). I tried these boxes out on my friend's kids who are 4 and 5 years old, and she reported back with them being a life saver (she traveled across the country with a 2, 4, and 5 year old by herself, oh and did I mention that she was pregnant). I seriously find that moms are super heroes. We all have our moments of "Shit, I suck at this," but it's all worth it for the days where you feel like you actually accomplished something. Anyways, I digress...

Also, when getting on the plane, don't take activities or snacks out immediately as most kids find the plane fascinating and are excited already. Wait until you take off or when you feel your child truly needs entertaining.

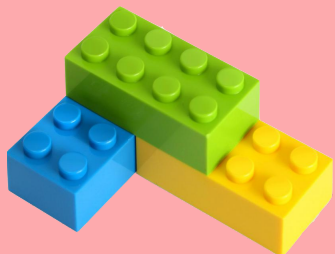
*Most of the items I use in these boxes, I get from Amazon, my local arts and crafts store, or Etsy [The items have clickable links in the text and the links are also provided at the end of the document]



ACTIVITY BOXES

Note: The link to a particular item may not work because the seller is on break or company is no longer carrying the item.

- 1) Start with a [plain metal lunch box](#)
- 2) Then get a [lego base](#)- make sure it is big enough and you can just measure/cut to fit the top of your box. Use crazy glue or gorilla glue to secure it to the top of the box. The lego base can sometimes be tough to cut with scissors, but you can take it to a hardware store and have someone help just to be safe!
- 3) Get some [Classic legos](#) and put in a [snack size bumkins bag](#) (use code DRORGANICMOMMY) that tends to be enough.
- 4) Take a [blackboard rectangular sticker](#) and place on the bottom of the box, and add some colored chalk inside the box.
- 5) Then add a [bag of beads](#) along with some [pipe cleaners](#), which are the perfect thickness and apparatus to string the beads- stringing beads really helps with fine motor skills (specifically the pincer grasp), colors, counting, and of course entertainment.
- 6) I put a mix of [foam magnets](#) and in a [snack size bumkins bag](#) (use code DRORGANICMOMMY) (open the lunch box up and you have a magnetic board).



ACTIVITY BOXES

7) Next up is [car tape](#) (which looks like a road). Simple but so amazing! I match this with some [cars by Plan toys](#)- good quality & small enough so they don't take up too much room.

8) Then I add some [car and road sign stickers](#) (which can be placed on the bottom of the lunch box or the road tape)

9) Other fun items I like to include:

[Small slinky](#), [Land of Doug play dough](#), [small sketchpad](#), [finger puppets](#), [wooden spinner](#), [stamps](#), [Magnetic dudes](#) - [can be used as a bracelet](#), bridge across the box, or as dancing figures when you move the box ages 3+ : choking hazard due to small magnet pieces that can pop out).
crayons or colored pencils.

10) Also [temporary tattoos](#) were a life saver for me coming home- this keeps my son busy for almost an hour. Granted his arms and legs are completely covered, but hey, whatever gets us through a flight! When applying, take the opportunity to teach patience and math. Have them count to 30 or 60 with you so it stays on.

11) I also add in some [smelly stickers](#) to help activate the olfactory bulb aka your nose, as this can help calm a child down when feeling a little anxious. I also like these



ACTIVITY BOXES

- 12) Plan toys makes these [mini versions of block sets](#) and a [balancing cactus game](#) that I add in.
- 13) I like having these [Squigz](#) toys that work using suction so the kids can stick them to the airplane window or tray table.
- 14) [GUM!](#) I don't include it in the box itself but it's such a treat for older kids if they don't get to have it at home. But make sure your child is old enough and able to understand that they can't swallow it. Plus it helps with their ears. I like Simply brand gum.
- 15) I will bring a healthy low sugar juice box if all else fails as the sucking can help balance the pressure in their ears like gum.
- 16) And then worse case I have an iPad filled with pre-approved shows/episodes. I love Mr. Rogers Neighborhood and Reading Rainbow- old school :) See my [Screen Time blog](#) for more on screens

** I also pack an extra Bumkin bag of different legos, stickers and tattoos for the plane ride home (these go in my checked luggage). Those are the items that tend to get lost/destroyed/used up.



ACTIVITY BOXES

- 17) [Rainbow On-the-Go Travel Drawing Playset](#): good for 5 years +
- 18) [Felt paper doll set Tom Toy Handmade dolls](#): age 4 + 5
- 19) [Busy Cube](#) motor cube made of wood Montessori educational toys (if sold out you can reach out to seller).
- 20) Mama May I makes [The Color Square](#): good for 18 months + Learning to use the clothespins. Color coding game is good for age 24-36 months.
- 21) [Mama may I Match a game](#): for 5 years and up
- 22) [Explore the beach](#): for 6/7 years and up
- 23) [Colred cups and balls](#): 24 months + but needs supervision
24. [Acorn](#) 24 months but needs supervision.
- 25) [Animal action](#)- great for waiting at the airport and getting physical activity out. Ever get stuck at the airport or have a delayed flight? I bring out [animal action wooden coins](#) and the kids love these.

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TRAVEL TIPS (SECURITY)



Luggage and what to take in your carry on/child's carry on:

I These are my older kids luggages. I put their activity box in it, along with [Melissa and Doug puffy sticker activity books](#), extra [cars](#) in a [bumkin](#) bag (use code DRORGANICMOMMY) along with a couple books.

I also carry [window clings](#) in my carry on. Window clings are great for the window seat (which you should always get for kids) and also great for hotel windows or when staying with friends/family because they peel off easily and they are great entertainment for kids!

I also include this [Four in a row game](#), which is great for keeping the kids entertained. In a small [Maileg suitcase](#), I add some rocks and play teapot with cups ([options linked here](#)) for open ended creative play. Yarn, [embroidery kit](#), magnet puzzles, [guess who card game](#) and [alphabet cards](#).



TRAVEL TIPS

Safety while traveling:

Also, before going to the airport and also once at your destination, if you are going out with your little one, there is something important I do. I take a business card from the hotel and write my cell phone and my name on the back as well as any allergies. I put it in my son's sneaker and I tell my son that if he ever gets lost, to find someone wearing a uniform or go into a store and see the person where the cash register is and to say he's lost and to hand them the business card. I also review with him what I mean by uniform. Luckily he's never had to use this but he liked having his "ticket" whenever we went out. I also have each child wear these [emergency bracelets](#) with my contact information.

SNACKS

Now it depends on time of day, length of flight, and how nice the security agents feel that day for certain items. I love the Innobaby [stainless steel snack plate with plastic lid](#). It's not bulky and has 5 separate compartments to let the child choose and be empowered. I typically fill these with seeded crackers, berries or melon, sliced grapes/tomatoes, [Seasnax](#) sea weed, crudités, and homemade muffins. (Items that aren't too messy for a child.) I bring the hummus separately. I like to add frozen grapes in a [stasher bag](#) as a snack and use that bag as an ice pack to help keep everything else cold.

Now I've been stopped a few times about my hummus, almond cream cheese, you name it. However, when I calmly explain that these items are for my children and they have special diets and I'm happy to have them test the items, they typically let it go. I've also found that being gracious and understanding of what the TSA agents have to deal with on an everyday basis is super helpful.



SNACKS

I also bring snack size bumkin bags of my ICE snack bags (in case of emergency). I fill one with [Seasnax sea weed](#), popcorn (depending on age of child), sweet potato chips, granola, almond crackers, some dried fruit or freeze dried fruit, and Skout bars. I can pull these out ONE at a time. I also pack a sandwich with sunflower seed butter, a drizzle of honey, sliced bananas, and a sprinkle of hemp seeds (so I know they are getting some protein). I use [Lundberg stackers](#) but you can get a good quality bread too.

If traveling on a longer flight, then I pack separate lunch boxes for actual meals. For Ryder I like the [Planetbox Rover lunch box](#).

It is big enough to support his appetite and has 5 separate compartments, and seals nicely so that items don't shift. The only con, it's a little heavy but still worth it in my opinion. The one I use for Chase is the smaller ["Launch" Planet box](#). It's small and compact and has 3 separate compartments and is big enough to support her appetite.

I like to fill the lunchboxes with items that aren't super messy. I like [Jovial pasta](#), steamed broccoli and peas. My kids like the pasta plain but it's super easy to add sauce like my vegan cheese or kale pesto etc. I also love taking my eggplant vegan meatballs as they are easy to use with your hands.



The "Rover" Planet box



The "Launch" Planet box



TRAVEL PARENTING TIPS

The 2nd most important thing (well this could be a tie for 1st)- listening and knowing what's going on with your kids. I've found that my kids behave well on planes because I really focus on listening to what they are feeling and observing what's going on with them. Does this always work? Definitely not, I've had my moments where my daughter cried for almost 2 hours while I had to have my son watch episodes of Mr. Rogers Neighborhood to handle a flight by myself. I've had to accept help from strangers so that I could attend to my son's bathroom adventures. But what I learned and knew was that timing and listening made a big difference, especially with toddlers and babies.

Why was my daughter screaming? Over exhaustion. Why was my son upset? He wanted my attention because I was solely focused on my daughter. Looking back, I realized that some things you can't control. However, what helped with my 2 1/2 year old son at the time was acknowledging how he was feeling. Telling him "I know this isn't fun hearing your sister cry and not having me to do fun things with you. I want to do fun things with you too! This is hard isn't it?! Once he heard me acknowledge his feelings, he perked up. And I learned to ask for help (not just from strangers) but from my 2 1/2 year old. I told him, "as soon as I get your sister to sleep, you will get special mommy time." The key - follow through. He started watching his shows and I was able to focus on my daughter.

LINKS: AGE 2+

- [My First Airplane Ride book by Patricia Hubbell-](#)
- [Plain Metal - Lunch Box](#)
- [Lego Base](#)
- [DIY Extra Large Chalkboard Labels For Big Bins Boxes](#)
- [Classic Legos](#)
- [Road tape](#)
- [Wooden magnetic shapes](#)



LINKS: AGE 2+

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- [Pony Beads](#)
 - [Chenille Stems](#)
 - [Dinosaur Tattoos](#)
 - [Plan Toys 3-Piece Car Set](#)
 - [Plan toys road signs](#)
 - [Wood spinning top](#)
 - [Plan toys mini cactus](#)



LINKS: AGE 2+

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- [OriGlam 9PCS Novelty Mini Q-Man Magnet](#)
 - [Fat Brain Toys Squigz Starter Set](#)
 - [Fun Car Stickers](#)
 - [Mudpuppy Wooden Magnets](#)
 - [Generic legos](#)



LINKS: AGE 2+

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- [Assorted Stampers - 50 Pc kids stamp assortment](#)
 - [Scratch and sniff stickers](#)
 - [Chalkboard sticker](#)
 - [Maze puzzle](#)
 - [Stainless slinky](#)
 - [Land of Dough play dough](#)



LINKS

Activity books/sticker Books:

- Sticker books: [great for ages 18 months and up.](#)
- Melissa & Doug Puffy Sticker Activity Books Set
- Magnetic puzzle boxes
- Lakeshore Learning Peg Board with Pegs
- Window clings
- Simply_gum