

## Keep children busy and happy as you travel together ...

Some families use DVD players and mobile devices such as tablets to keep their children entertained during a journey.

Encourage them to interact with this technology as they travel.<sup>1</sup>

Here are some other ideas. Plan and organise them with your children before leaving on your adventures!

Bring along favourite print and audio books, toys and games. Make them easy to reach and hold with

- Velcro spots,
- suction caps with small hooks,
- key rings with retractable cords.

Make sure nothing is tied or attached to seatbelts so they remain flat, not twisted.

Start a print diary or e-diary<sup>1</sup> with your children before you leave and add to it as you travel.

Collect/create audio story books and CDs/playlists of favourite songs. Three road safety songs on the ABC "Let's go play" album are on the [Kids and Traffic website](#) – listen to them on your mobile device as you travel.

Talk about your journey and your destination and what you'll be doing and seeing.

Bring notepads and pencils for children to draw with.

Play simple games together such as 'I-Spy' using colours, types of vehicles, etc.

Collect a few of your children's books, drawing materials, small toys, etc. and put them out of sight before the journey. Put them in a 'lucky-dip' bag for each child to rediscover during the journey.

Babies can see contrast best, so hang or Velcro black and white, high contrast mobiles, patterns, images for them to look at. Make sure the position of any mobile doesn't reduce driver's rear vision. [Hint: search online for 'black and white' and 'high contrast' patterns for babies]

Make a 'Look who's buckled up safely' matching book<sup>1</sup> with your children before your trip or turn it into a 'flip' book<sup>1</sup>. Then make a 'travel safely'<sup>1</sup> matching flip book.

If you have spare seats in your vehicle, ask your children to choose a favourite toy, teddy or doll to buckle up and look after during the journey.

Download our [Kids and Traffic road safety songs](#).

- "Let's go driving",
- "Everybody do this",
- "Twinkle, twinkle little star"

to listen to or sing along with on your journey.

[www.kidsandtraffic.mq.edu.au](http://www.kidsandtraffic.mq.edu.au)

<sup>1</sup> See info sheet 'Happy kids in cars: activity ideas'