

Fundación **MAPFRE**



BASIC DO'S AND DON'TS FOR TRAVELING WITH CHILDREN DURING VACATION

1 Plan the **trips according to the children's ages**. In principle, it is not recommended to have a child travel in a car for longer than 6 hours per day.



2 **Plan the trip well.** Include routes and stops to alter your children's routine as little as possible (meals, naps, stretching legs...).



3 It is necessary to observe some **measures of prevention to protect the home** before our departure.



4 The children **may participate in the planning**. If everyone takes part in the planning, and the children are informed of the journey, stops, maps to see the places we will ride through, etc., they will feel important and will better bear the time spent inside the car.



5 Check that all of the **doors are properly closed** and keep children from playing with the locks, windows or other devices during the trip.

6 Have in the compartment a basic first aid kit and the entire family's medical records, as well as water and light snacks on hand.



7 Don't forget to **take the car to the mechanic** for service



8 Have them occupy **their corresponding seats and always fasten their seat belt**. Seat adults in front and children in the back, in their proper child restraint seats and with the seat belts fastened.



9 Organize their **entertainment in the car to avoid** violent games. Take with you movies, toys, or play calm and educational group games like I spy, guessing games, storytelling, interpreting traffic signs, etc.



10 The **copilot must assume responsibility for the children** so that the driver will not be distracted.

