Short day trips to your local park for a picnic or just for some fun in the sun are a wonderful way to get outside. Getting your children involved with planning a picnic, like helping prepare the food or helping to pack the car, will lead to your child feeling more involved and excited about their day out.

Visiting local attractions, neighbouring towns or cities, or even going on an overnight trip are all great ways to spend time with your family and to learn about the attractions that surround you. Act like a tourist and visit sites you may have always wanted to see or look at sights you have seen before with new eyes. To keep your children from getting restless or bored, play games or have your child lead the game, even letting your child pick where to eat can be exciting.

Once the road trip is planned it is important to keep in mind safety for the whole family. Remember that everyone needs to buckle up and that children under the age of 12 should always be in the back seat of the car and children



under 100 pounds should be in a car seat or booster. A line called the Evenflo Platinum Protection Series is particularly comfortable for summer road trips, since it is made with Outlast Performance fabric. The fabric helps regulate your child's body temperature keeping them cool leading to a happier and smoother ride. As well, make sure your child is in the right seat for their age. Children under the age of one must be in a rear facing seat, toddlers can be in a forward facing seat and children under the age of 12 should be in a booster seat as long as they do not exceed the weight and height requirements.

Buckle up and get ready for those fun summer road trips as a family. You can join the conversation @EvenfloBabyCA on Twitter.

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