



Contact Information:  
Manisha Solomon,  
Media Relations  
1.800.567.7733 (phone)  
1.800.229.3855 (fax)

## Ways to Make Winter Travel Easier

Winter is a time to enjoy the outdoors, see new places, and get away. Use these tips to make your next trip safe, fun, and sane.

1. No matter what the age, have a neck rest handy. Those long trips don't get any better when you have a cranky kid in the back seat with a sore neck. These come as inflatable or filled (with grains or foam).
2. Load an MP3 player with your child's favorite songs. Don't forget to include educational songs geared to their age and what they are learning in school. For a student just learning French, *Bilingual Songs English-French Vol. 1* is a great way to reinforce learning.
3. Carry wipes and hand sanitizer. You never know where those germs come from. Keep everyone healthy while away. The other adults in the crowd will thank you.
4. For those trips to sunny Mexico, prepare your child in advance by listening to *Bilingual Songs English-Spanish Vol. 1-4*. Kids are sponges. They'll love correcting you when you accidentally ask for ice cream in a *casa* [house] instead of in a *taza* [cup].
5. Bring along a portable DVD player with earphones and movies. Rent new releases for the duration of your trip, or bring out the oldies, but goodies.
6. Bring a nightlight. Unfamiliar hotel rooms can be quite dark, and leaving the washroom light on can disrupt sleep. A nightlight gives just enough light to lead the way for those nighttime visits.
7. Pack activity books, flashcards, markers, mechanical pencils, and small toys that can be carried into restaurants. Waiting for a meal can seem like forever for starving children. Keep them occupied with their own items.
8. Have a cooler with drink boxes/water, healthy snacks, and sandwiches ready. Unhealthy meals at roadside stops can throw schedules off and lead to unsettled stomachs. Bring lots of napkins and plastic utensils.
9. Don't forget to bring the sunscreen and sunglasses for everyone in the family. Even in the winter, the sun's rays bounce off of the snow causing sunburns and snow blindness.



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10. Give kids a disposable camera for the trip. They will love having the freedom to click when the spirit moves them. You then don't have to risk damage to the new digital camera. Kids have a neat way of seeing the world, and this gives you a way of seeing it through their eyes. The best part will be sharing those photos and remembering the journey after the trip.

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*Sara Jordan is available for an interview. Please contact [media@sara-jordan.com](mailto:media@sara-jordan.com). Sara Jordan has been a composer and educator for over 25 years. Sara Jordan Publishing has produced an impressive array of award-winning educational programs. Over 60 educational audio programs and resource books teach Math, Phonics, Health and Social Studies. Due to worldwide requests from parents and teachers alike, most of her titles are now available in English, Spanish, and French. Visit [www.songsthatteach.com](http://www.songsthatteach.com).*

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