



It takes a village  
to raise a child.

- African Proverb



Summer PTO News

2018-2019 vol.4: June 13, 2019



New banners greeted staff at both schools for Teacher Appreciation Week.

## President's Corner

By Katie Glaisner

Cheers to completing another fun and successful school year! As we reflect on the many achievements of our students and schools, the PTO has many people to thank for their roles supporting that success.

The PTO's largest fundraiser of the year, The Cupcake Run on June 1<sup>st</sup>, came together seamlessly thanks to the efforts of event chairs Helena Laven and Jayme Cain. The 5K run or 2-mile walk brought families together for fitness and fun. There was an amazing raffle, Zumba dancing warm-ups, inflatable play structures, food, face painting, and more. Miss Wisconsin USA Danika Tramburg even showed up to hang out. What a great way to spend a morning! None of this would have been possible without the help of scores of volunteers and sponsorships from our community.

The Cupcake Run was one of dozens of events and programs hosted by the PTO over the school year, allowing us to bring in nearly \$71,000 of income. All of the proceeds are given back to our schools in the form of supplies, books, field trips, guest speakers, equipment, scholarships, and enrichment activities and programs.



Follow me to Page

4

## Inside...

### "You can dance if you want to!"

Another successful Stormonth Safety Week is in the books! Read all about the fun the kids had during this educational event.

3

### The 10<sup>th</sup> annual Cupcake Run was a success!

Over 370 registrants joined us for the run/walk, games, Zumba, and yummy mini-Bundt cakes on June 1<sup>st</sup>!

6



*The Spring Book Fair was a "chomping" great time while raising money and earning books for our schools!*



## Ways & Means

By Tina Kreitlow

### Thank you for another amazing year! Collectively, families in our district helped raise over \$40,000 through PTO sponsored events and activities!

That is a pretty spectacular number, especially knowing that the money goes directly back to our two schools to buy equipment, supplies, and experiences that help enhance our children's education. And, I think there is some pretty awesome stuff planned with the donated resources this upcoming year... something for everyone to look forward to!

Your support with **BOOK FAIRS, CLUB CHOICE, SPIRIT WEAR, MONSTER BASH, CUPCAKE COLOR RUN, RESTAURANT NIGHTS, BOX TOPS, AMAZON SMILE**, and more truly make the difference. This community's generosity is what helps our district continuously Exceed Expectations!

As the outgoing VP for Ways and Means, I would like to give a huge thanks to the folks who really make all the magic happen for our school and events to be pulled off and looking so effortless! All of our event chairs have done such an amazing job to ensure success and I can't thank them enough for all of their work: Kristal Melbye, Flavia Mildenberg, Erika Seigel, Helena Leven, Jayme Cain, Dajen Bohacek, Laura Pierri, Gunter Kocourek, Sarah Langerman, and Genina Berger.

These leaders, along with the many, many volunteers, provide opportunities for our schools' families to come together for a common cause, building the best school community possible – and I believe we truly do achieve that. Thank you to everyone for being such an integral part of the team!

Shout out to our **RESTAURANT NIGHT** supporters! This school year we enjoyed a number of family nights out at local restaurants, and while the food was always enjoyable, the best part (at least for my family) was always seeing so many of our friends from school at dinner! A huge thanks to our partners – Pizza Studio, The Corner Bakery, and Dr. Dawg – for helping us build community among our families!

Finally, I would like to welcome Rachel Weinberg as our new VP of Ways and Means. It's a great gig, and she will do awesome!

Look forward to lots more fun coming in the 2019-2020 school year!





Our 4<sup>th</sup> graders learning bike safety during the Bike Rodeo.

## Programs

By Megan Girton

The 4<sup>th</sup> & 5<sup>th</sup> graders had a blast at the **BAYSIDE ACTIVITY NIGHT** on May 17<sup>th</sup>! This is a special BAN because it is meant to help our 4<sup>th</sup> graders become familiar with Bayside Middle School as they transition to 5<sup>th</sup> grade. All the kids enjoyed the DJ, running through an obstacle course, jumping in the bounce house, and playing games. A big shout out to our BAN Chairs Monica Arnstein, Dajen Bohacek, Becky Kops, Sarah Krauss, Dawn Sweet, and Rachel Weinberg for making all of the 2018-2019 BANs so much fun for everyone!

The PTO showed gratitude for teachers during **TEACHER APPRECIATION WEEK** at the end of April. The string of events included breakfasts, lunches, snacks, gifts, and tokens of appreciation skillfully coordinated by Monica Arnstein. Students made posters, wrote notes and wore their teachers' favorite sports team apparel in an attempt to show just a sliver of the immense gratitude that our school community has for these teachers.

## School Services

By Jesse Hillstrom

*"You can dance if you want to!"* Everyone was doing the **SAFETY WEEK** dance the week of May 13<sup>th</sup>. On Monday, we had the K5 & 1<sup>st</sup> Grade Pedestrian Safety and Safety Village. This program included how to safely and responsibly be good pedestrians! Tuesday was 2<sup>nd</sup> Grade Operation Lifesaver with Pacific Union Railways. The students learned how to safely cross and act around train tracks and trains. Wednesday was the ever-popular 4<sup>th</sup> Grade Bike Rodeo. This event helps prepare students for more independent bike riding. With the help of both the Bayside and Fox Point Police and North Shore Health Department, students learned how to properly have their helmets sized, use correct hand signals, and what different signage means that they see while biking. This is all done through a hands-on course. The students also have their bikes tuned up by a representative from Wheel and Sprocket! Thursday our K4 students enjoyed a police station tour; this was a new event this year for the kids! They walked to the Fox Point Police Station for the tour and learned how police officers keep us safe! Lastly on Friday, the 3<sup>rd</sup> Grade had 911 Safety. This program teaches the students how to use 911 responsibly and what information is important to tell to the operator to get help. A big thank you to the Fox Point and Bayside police officers, North Shore Health Department, and our amazing parent volunteers: Adine Rodemeyer, Monica Arnstein, Helena Laven, Heather Klug, Carrie O'Connor, and Nicole Boemer. The Bayside Ped 'n' Pedal event will be back next fall!

**YEARBOOKS** are here! What an amazing, fun, educational, and memorable school year this has been! Paging though our yearbooks from Stormonth and Bayside, you can feel the students' excitement from the start of the first day of school to the classroom photos and the adorable candid photos from each grade! A huge shout-out to Katy Nelson for the Stormonth Yearbook and Dawn Sweet for the Bayside Yearbook! Both Katy and Dawn had some awesome helpers along the way with Mrs. Houck, Trish Kauffman, Becky Kopps, Laura Pierri, and Amy Bazelon. If you enjoy taking photos and would like to help with next year's yearbooks, please reach out to us.

**FIELD DAY** is an incredible and fun-filled way to end the school year! Thank you to Mrs. Cho and Mr. Scanlin for helping to organize the fun games and group all the students! Thank you to our Amazing PTO organizers of the event: Carrie O'Connor, Janet Merk, and Julie Caulfield! You three made the event memorable and so much fun! Thank you to the 50+ volunteers that came to setup games, facilitate, and clean up! Our volunteers are amazing.

Please keep in mind that the PTO will need your help for the Bus Rider Program in September. You can sign up now via the form found in Friday Folders. Until then, have a relaxing and fun filled summer!



*President's Corner (continued from page 1)*

None of this would be possible without support from volunteers, many of whom sign up for event after event. This year, one of the largest challenges I saw for the PTO was diversifying our volunteer base. We eked out enough volunteers for each event, but just barely and often by drawing on the same people. Please look for the 2019-2020 PTO Calendar in your back-to-school materials and consider planning ahead to help with events that fit your schedule.

One of our volunteer-intensive events was Special Interest Day at Stormonth on May 10<sup>th</sup>, which allowed students to connect with local businesses, artisans, athletes, and professionals. There were painting workshops, wrestling demonstrations, mini dance classes, and more. Event co-chairs Amy Bazelon and Rachel Weinberg coordinated the day as children enjoyed the opportunity to expand their horizons.

The PTO worked hand-in-hand all year with the principals, teachers and staff at both Bayside and Stormonth. I would like to thank Stormonth Principal Karen Grimm-Nilsen and Bayside Principal Jodi Hackl for participating in so many PTO events to forge that bond. Whether it was Ms. Hackl directing traffic with the megaphone at Bayside Activity Night or Ms. Grimm-Nilsen leading the school tour at Special Interest Day, the principals have been there after hours and on weekends supporting these events.

Also, the administrative staff at both schools, including Carla Mueller, Suzette Broennimann, Patty DeGraff, and Janelle Herbrand, have spent countless hours helping us coordinate and prepare for events. They quietly support us with every email, copy, piece of advice, or whatever. Additionally, teachers – too many to name – have devoted their extra time attending and helping at PTO events, and the amazing custodial staff at both schools has been a great support.

Additional PTO events this spring included Teacher Appreciation Week, the End-of-the-Year Field Day at Stormonth, Safety Week, Bayside Activity Nights, and the Spring Book Fair. To everyone who led, helped, and attended these events, thank you for supporting our mission to support our schools.

Finally, I would like to say a huge thank you to the PTO Executive Board for making my job as president so much easier. They are Christine Duback, Bridget Carlson, Melanie Berg, Tina Kreitlow, Jesse Hillstrom, Jolena Presti, Megan Girton, and Amanda Singh. It has been my privilege to work with such dedicated people, and it makes me so proud to be a member of this school community.

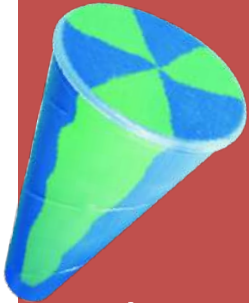


*Hair dying & styling is a fun Special Interest Day favorite!*

## Summer Events-at-a-Glance

- 08.14.19: Stormonth Forms & Fees Day, 7:30-11:30am / 12:30-5:30pm
- 08.14.19: Bayside Registration Day
- 08.28.19: K5-4<sup>th</sup> Grade Meet & Greet, 2:45-3:45pm
- 08.28.19: K4 Meet & Greet, 4:30-5:30pm
- 08.28.19: K4 & New Student Welcome Dinner, 5:30-6:30pm
- 09.03.19: First Day of School
- TBD first week of school: Back-to-School Picnic





## Administrative Services

By Jolena Presti

Thank you to our awesome KOHL'S CARES volunteers. When they volunteer, Kohl's makes a donation to our schools!



### Hats off to our school community for the heavy lifting, ongoing support and overall pitching in with activities and events big and small all school year!

While we take some time off from day-to-day school activities for the summer, we are already planning ahead for the 2019-2020 school year.

Opportunities to **VOLUNTEER** range from tasks that can be done from home to leading the charge to run an event; all are critical to the success of the PTO's calendar of fun and support provided to Stormonth and Bayside Middle School all year long.

Next school year will kick off with the **2<sup>ND</sup> ANNUAL BACK TO SCHOOL PICNIC** – an informal yet fun way for school families to get together to picnic and meet up at the Stormonth playground to meet new friends and reconnect with old. The date for our first event of the school year will be announced in the registration packets to be sent out mid-summer.

Additional information to watch for in this summer's registration packet from the PTO includes:

- *Annual Directory Advertisement Form*: for a low cost, your business can reach our entire school district audience of over 550 households!
- *School Directory and PTO Membership Sign-up*: Watch for information for Directory and PTO

Membership sign-up, to be completed directly through the Infinite Campus Portal for the 2019-2020 School Year.

- *PTO Calendar-at-a-Glance* which is helpful in planning your school and volunteer commitments.
- *Information on the variety of volunteer opportunities* and fun to come throughout the school year, including the September Stormonth Bus Rider Program.

We need to take a moment to celebrate two amazing women who have worked behind the scenes tirelessly for the past few years. We are so sad that **KATY NELSON** and **DAWN SWEET** are both retiring from chairing the Stormonth and Bayside yearbooks, respectively. You are both so awesome and we appreciate all your hard work and efforts!

# THE CUPCAKE COLOR RUN

By Jayme Cain

The 10th Annual Cupcake Color Run 2019 was a BIG success! Despite some adjustments based on the weather, we got lucky and were able to hold the 5K and 2-mile walk as planned and the kids were able to sprint through the hallways of Stormonth, which was clearly the highlight of their morning! What a great way to end another fun and prosperous school year in our very special Fox Point-Bayside School District.



If you missed the day, here is a quick recap: we had a Zumba warm-up, a 5K run, a 2-mile walk and a kids' 1-mile fun run in the school, an awesome raffle, bouncy house and giant slide, yard Jenga and cornhole, tattoos and face-painting, a giant cupcake mascot, Miss Wisconsin USA, and in a new twist to this year's event, bundt cakes instead of cupcakes – and they were amazing! Whew! I bet you are thinking that you definitely don't want to miss what we have in store for next year! This is the biggest fundraiser for our schools and we are thrilled to announce that we raised over \$9,200, which will be put toward funding all of the opportunities organized and approved by the PTO Fund Allocation Committee.

The day would not have been possible without the hard-working committee of volunteers and many more volunteers the day of the event. Thank you so much for taking time out of your busy schedules to plan a fun event for our school community and raise funds for our schools! The Cupcake Color Run Committee Co-Chairs, Helena Laven and Jayme Cain, have been planning since January and the Committee helped pull it all together: Monica Arnstein, Melanie Berg, Michelle Buerger, Robin Burns, Bridget Carlson, Becky Diamond, Christine Duback, Katie Glaisner, Tina Kreitlow, Sarah Langerman (aka DJ Slangerman), Megan Smith, and Matthew Wooten.

Thanks to our Face Painters, Kelsey Walden and Maggie Franzen, to our Zumba Warm-up Instructors, Bobbie McCain and Brittny Dettro, and to our Stormonth Custodians, Mr. Mike and Mr. Dan. We also want to extend a heartfelt thanks to Tom Story, website design and Amy Bazelon of Amy Bazelon Design who created our logo. A BIG thanks to Miss Wisconsin USA, Danika Tramburg, for coming to hang out, hand out awards, and do Zumba with our Giant Cupcake, Pete Duback, who is also owed a HUGE thanks! And a big thanks to the Village of Fox Point Police Department for keeping our runners and walkers safe!



Last, but certainly not least, THANK YOU to our army of awesome volunteers. We could not pull off this event without you, and we appreciate all that you do for our PTO and schools: Beth Evers, Owen O'Donoghue, Kim Mangarelli, Chris Orzal, Jane Ford, Jack Ford, Anne O'Donoghue, Kevin O'Donoghue, Julia Fernandez, Sasha Ivanov, Meghan Dziengel, Lauryn Jone, Julie Trump, Jenna Breitrack, Samantha Mlekoday, Jolena Presti, Ashanti Muhammad, Kellie Freeze, Michelle Medeiros, Clare Chadha, Kelly Kuehn, Greta Carlson, Zoe Drouin, Jennifer Marsch, Sheila Rasuli, Laurie Woods, Nina Hinz, Isa Pierri, Sayema Khatun, Laurie Eling, Grainne Jensen, Casey Kulka, Dina Fregoso Artlip, Miles Carlson, Jen Earl-Boehm, Alex Boehm, Winnie Buerger, Anna Melbye, Joey Arnstein, Taylor Arnstein, and anyone else who we may have unintentionally forgotten or jumped in to lend a helping hand in the moment.

Continued on next page



Continued from page 6

Of course, we are very fortunate to have the support of many dedicated sponsors again this year. We wouldn't be able to host the "sweetest run" without your continued support! Thank you to ALL our amazing sponsors!

- PREMIUM: Children's Hospital of Wisconsin
- GOLD: Elite Sports Clubs, Mathnasium of Whitefish Bay
- SILVER: Appethai Restuarant, The Chiswick at Dunwood, Dr. Stephanie Murphy, Corner Bakery, Nothing Bundt Cakes of Bayside, Burghardt Sporting Goods, Eggers Imprints
- FRIENDS: Confluence Graphics, In-Step, Athleta, Performance Running, Noodles of Fox Point, Starbucks of Whitefish Bay, Trader Joe's of Glendale, Baskin Robbins of Bayside

To the local businesses, families, and individuals who have donated items to our raffle this year, WOW! Thank you is an understatement and we raised a tremendous amount of money over previous years, due to your generous contributions. Congratulations to all of the lucky winners of the incredible raffle packages! Thank you to: AppeTHAI restaurant, Chrissy Rose Photography, Corner Closet, Drouin family, Elvia's Arte Gallery, FPBS PTO and Bayside Middle School, Girtons ATA Taekwondo, Good Karma Brands/ESPN 94.5FM/540AM, Green Bay Packers Organization, Jaime Wooten - FitnessAdvantage Trainer, Jayme Cain and James Franzen, Jessie Levin at Rockin' Jump, Julie Lutz for Stella and Dot, Belabela Tees, Kelly Levin at Random Balance, the Leibham Family, Mathnasium of Whitefish Bay, Ruchita Varma of Peepal Tree, Schlitz Audubon Nature Center, SHOP - a women's clothing and accessories store, The WAC, Tracy Sanderson of MyOm Wellbeing, the Village of Fox Point/Fox Point Pool, Wendy Artman, and Winkie's Toys and Variety.

Finally, thank you to all of the 370+ runners and walkers who attended the event. **CONGRATULATIONS TO OUR 5K WINNERS:**

- **Male 14 and over:** 1<sup>st</sup> place - Nikhil Bhadkamkar (18:50), 2<sup>nd</sup> place - Brandon Morreale (20:04), 3<sup>rd</sup> place - Mike DeSisti (21:05)
- **Female 14 and over:** 1<sup>st</sup> place - Suzanne Knapp (23:10), 2<sup>nd</sup> place - Alicia Gaynor (23:49), 3<sup>rd</sup> place - Rebecca Grassl (25:07)
- **Male 13 and under:** 1<sup>st</sup> place - Colin Abbott (21:46), 2<sup>nd</sup> place - Jack Schultz (21:52), 3<sup>rd</sup> place - Zev Vielmetti (24:15)
- **Female 13 and under:** 1<sup>st</sup> place - Harlowe Grossman-Daly (24:33), 2<sup>nd</sup> place - Sophia Knapp (26:11), 3<sup>rd</sup> place - Lola Milanovic (26:25)

It was an honor to serve as co-chair with Helena this year and I am already looking forward to next year. It is because our community is so strong and supportive that we can run these memorable events. The cupcakes are signing off until next year!

*Henna art is always a popular activity at Special Interest Day.*



## Special Interest Day

*By Amanda Singh*

Special Interest Day was a phenomenal success thanks to the terrific work of chairs Rachel Weinberg and Amy Bazelon, their talented team of volunteers, and the dedicated Stormonth Staff. Dozens of presenters arrived at Stormonth on May 10<sup>th</sup> to share their expertise and passion with students. Students perfected their cookie-decorating skills, were introduced to new musical instruments, learned improv and acting techniques, danced, met with Feeding America volunteers, got henna'd, debuted some new colorful hair streaks, had their faces painted, made some fun crafts, played sports, met farm animals, learned about veterinary medicine, enjoyed a tour of the school, displayed their talents in the popular "Stormonth's Got Talent," and so much more. The students had a wonderful time and loved having a day filled with unique learning experiences. We are so lucky to have such a generous team of presenters, volunteers, chairs, and staff giving us their time to create special, indelible memories for our students! THANK YOU!

# Treasurer's Snapshot

By Bridget Carlson



First of all, congratulations to our chairs and committee of the Cupcake Run for an incredible event which raised more than \$9,000 that will be turned over to Stormonth Elementary and Bayside Middle School after our fiscal year closes. This money then goes through the Fund Allocation Committee to help bring awesome improvements to our schools or provide much needed programs or supplies. See the FAC update on the following page for more details!

Secondly, it's been a really great year. Our volunteers have worked so hard to keep our events exciting, new, and cost effective, while keeping in mind the needs of our teachers and schools. The money brought in from each of these events has provided so many day-to-day necessities for our teachers and students, as well as incredible experiences like tons of field trips, speakers, cultural experiences, and long-term programs for our students. Plus, we help fund meals for our teachers, provide activity nights and parties for our students, and so much more!

Although the books are not closed when this newsletter goes to print, here are estimated details of some of the funds raised this year. Stay tuned for our updated, infographic in the summer mailing and at registration days for next school year! **ESTIMATED FUNDRAISING THIS YEAR** is: \$10,000+ in Scholastic Dollars from our two Book Fairs, \$9,000 from the Cupcake Run, \$7,600 from PTO Membership, \$5,800 from Monster Bash, \$2,400 from School Pictures, \$2,000 from Yearbooks, \$1,000 from Box Tops, \$480 from Amazon Smile, and \$447 from Restaurant Nights.

I look forward to welcoming Xiaoting Hao as our incoming treasurer next year! Xiaoting is a finance wiz and will be an incredible asset to our PTO Board! Have a great summer!



## Four Easy Ways to Stay Connected with Your PTO



Join us on Facebook!  
[www.facebook.com/groups/FPBSPTO/](http://www.facebook.com/groups/FPBSPTO/)



Follow us on Instagram!  
 username: fpbspto



Find us on the web!  
[www.foxbay.k12.wi.us/pto.cfm](http://www.foxbay.k12.wi.us/pto.cfm)



Email us!  
[foxpoint.bayside.pto.team@gmail.com](mailto:foxpoint.bayside.pto.team@gmail.com)

### 2018-2019 PTO Executive Board

Katie Glaisner	President
Christine Duback	Past President
Bridget Carlson	President Elect
Bridget Carlson	Treasurer
Melanie Berg	Secretary
Tina Kreitlow	VP Ways and Means
Jesse Hillstrom	VP School Services
Jolena Presti	VP Administrative Services
Megan Girton	VP Programs
Amanda Singh	VP Cultural Arts and Sciences



# FAC Update

*By Christine Duback*

First and foremost, I would like to send a huge thank you to our Fund Allocation Committee (FAC) representatives who attended several meetings and worked throughout the year to help guide and support our dispersal of funds, including: Monica Arnstein, Beth Gould, Tom Story, and Karen Grimm-Nielsen for the Stormonth FAC, and Hanna Vu, Dawn Sweet, Charity James, and Jodi Hackl for the Bayside FAC.

We are very excited to announce that the Bayside FAC approved over \$6,700 on the following projects: new classroom furniture for the 8<sup>th</sup> grade social studies classroom allowing for better collaboration and project-based learning, scientific calculators, bouncy bands for classroom desks to give students the chance to move during instruction, mindfulness tools for the guidance department, a PE ball cart, noise cancelling headphones, a label maker for classroom libraries, alternative seating including floor chairs and bean bags for reading, and filters that reduce the effects of florescent lights.

Similarly, Stormonth started the year with approximately \$7,900 in funds, and we are thrilled to announce the approval of the following projects: a permanent, outdoor "Sensory Path" that will be created by James Tomasello (the amazing Milwaukee Muralist from True Skool who coordinated the beautiful new Stormonth mural), a new shed to store playground equipment, and two new water filling stations and filters for the 3<sup>rd</sup> and 4<sup>th</sup> grade hallway.

Finally, the FAC helped both schools spend over \$14,000 in Scholastic Dollars that were earned through our fall and spring book fairs! This allowed all of the teachers at both schools, including specialists, to purchase books and other supplies (such as alternative seating) for their classrooms.

## WE INVEST IN OUR KIDS & SCHOOLS.

LAST SCHOOL YEAR, WE RAISED...

**\$25K SCHOOL ENRICHMENT & CLASSROOM SUPPORT**

each classroom & specialist received a budget; examples of expenditures include classroom supplies, field trip bus costs, youth frontiers kindness retreat, 8th grade graduation t-shirts



**STUDENT ENRICHMENT & CULTURAL ARTS SCIENCES \$21K**



artist-in-residence, special interest days, foreign language restaurant, field trips for all grades, 8th grade graduation, guidance safety days, end-of-year party, meet & greet

**\$14K PTO FUND ALLOCATION COMMITTEE BUDGET**

funds to be invested this upcoming school year as determined by the PTO fund allocation committee, which consists of principals, teachers & parents of both schools



**SCHOLASTIC DOLLARS \$8.2K**



funds raised for classroom spending from the fall & spring book fairs, submitted through the fund allocation committee

**\$2.5K STAFF APPRECIATION**

welcome back staff luncheon, fall & spring conference dinners, teacher appreciation week





## Traveling with kids? Here's what you need to know.

By Sadoun Omari, MD  
Pediatrician, Bluemound Pediatrics



**A confined space, surrounded by strangers and an upset child — it's a parent's nightmare.**

**This is the exact situation traveling as a family can put you in and it can be difficult.**

The best way to lessen traveling nightmares is planning ahead. Being prepared can help the whole family feel like they can handle any situation that they're in while traveling and relieve any related stress. These tips can help.

### Before a trip:

- **Talk about it.** Help kids understand what's happening by talking to them about the trip. Explain where you're going, who you'll see and how long you'll travel. Gather materials or visit websites that will help them understand more about the trip and the places you'll be visiting.
- **Pack resources.** Toys, music, books, games, movies — consider these tools in your traveling toolkit. You might have some of these resources already, but don't forget the library (it's free!).
- **Go shopping.** Take your kids shopping to pick out some of the above items shortly before a trip. Adding a few new things to the mix will hold your kids' attention longer than a movie they've watched dozens of times.
- **Embrace art.** A travel art kit is a great way to keep kids occupied during travel. Fill a bag with art supplies like as crayons, stickers, paper and coloring books.
- **Call ahead.** Alert appropriate organizations like an airline about food allergies so they can prepare. Airlines, for example, will not serve peanuts on a flight if they're aware of a severe peanut allergy onboard.
- **Visit the doctor.** If international travel is on the agenda, check with your pediatrician on your child's vaccines. They'll need to be up to date and you may need to get

new vaccinations based on the destination (e.g. Typhoid, yellow fever vaccine).

### During a trip:

- **Bring snacks.** This may be obvious, but it's always a necessity to pack healthy snacks and water no matter what kind of trip you're taking.
- **Stick to a schedule.** Try to keep your kid's sleeping and eating schedules as normal as possible. The familiarity and comfort of a schedule can help ease any stress they're feeling due to the travel.
- **Clothes at the ready.** Having an easily accessible change of clothes for you and your kid can be a travel saver. Pack a change of clothes in a resealable bag in case a child experiences motion sickness. The quick change and ability to seal the mess away will save you and those around you from any ensuing unpleasantness.
- **Always be prepared.** Have an emergency travel medical kit with you at all times while traveling that includes things like age-appropriate pain and fever relievers, insect repellent, sunscreen, hydrocortisone cream. And don't forget any prescription medications your children need.
- **Schedule breaks.** When traveling with small children, allow extra time to reach your destination and make frequent stops to stretch or reset.
- **Carry photos.** Carry current photos of your children in case they wander away from you and you need to enlist the help of others.