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Family Travel Files Ezine Family Vacations Resource

Advice: Bach's Rescue Remedy - Reduces Stress and Improves the Family Vacation Chill Factor.



Any travel with children can be stressful but during the sometime frantic holiday season the chance for stress is multiplied. Bach Kids Rescue Remedy and the full line of Bach Flower Remedies are an all-natural, alcohol free, non-narcotic healing system which can help relieve children's stress, worries, and anxiety.

I was introduced to Bach Rescue Remedies in 1987 while traveling with in Costa Rica with first child who was then a toddler. We were staying at the Monte Verde Inn on the edge of the cloud forest idyllic by description but stressful for our young child. Because of the informal atmosphere at the inn it was easy to engage in conversations with other guests and our child was the youngest guest so she often became the center of attention. During one of our veranda sessions I remarked to a mom from Hamburg (a mom of well-behaved twins) that our daughter was very restless and unable to sleep through the night and that the lack of sleep was causing behavior problems which did not match our idyllic vacation spot. Her immediate reply Bach Remedies. And as I now know anyone who uses Bach Remedies also is willing to share. So, she saved our holiday by sharing Bach with us and in subsequent years I have had the chance to share with others.

As parents we all know that children experience large amounts of tension and anxiety when out of their comfort zone and family vacations create plenty of opportunities for unintentional stress. Bach Flower Remedies offer an easy are an all-natural solution to combat the onset of stress. The remedies are alcohol free, non-narcotic healing system which can help relieve children's stress, worries, and anxiety. Whether it's having to sit still on long flights, lack of sleep due to layovers, having to wait in line for the restroom, feeling fear or anxiety about leaving home, experiencing painful ear popping during take-off and landing, or even forgetting to pack a favorite toy or blanket - children feel the stress maybe more than adults.

It is obvious that I believe in the healing value of Bach Flower Remedies not just for children but for adults and pets as well. So, I was impressed with the holiday survival points assembled by Bach staff. Kids Rescue Remedy really works but it must be used in tandem with a few common sense actions which I will share:



Use natural stress relief. Bach Kids Rescue Remedy is based on the Dr. Bach's original blend of five individual flower remedies to naturally contribute to children's overall sense of calm. The combination, which contains essences of: Rock Rose for stress and anxiety, Impatiens for irritation and impatience, Clematis for inattentiveness, Star of Bethlehem for agitation, and Cherry Plum for irrational thoughts, works to naturally treat children's emotions helping them to face stressful situations with a better frame of mind.

Pack games and activities. Pack games, cards, books or puzzles to help keep everyone busy and entertained during long layovers or boarding delays. Gather everyone together to make holiday cards to send to loved ones or even just to exchange among one another. Having fun things to do will help keep young travelers happy and make time fly by. Need to know: Family Travel Files staff recommends BoomKids.com and an assortment of finger puppets.

Bring healthy snacks. Not all airlines provide meals and snacks these days so in order to prevent low blood sugar breakdowns and hunger tantrums, be sure to bring healthy snacks for kids from home. Items like dried fruit, pretzels or delicious FoodShouldTasteGood chips are great to munch on while you're on the go. The wholesome chip brand offers seven chip varieties that are all sure to please. Each flavor is great tasting and 100% all-natural, making them a great choice for snacking and treats. Plus, FoodShouldTasteGood is available in 1oz bags which make them perfect for carry-on. Need to know: In addition Family Travel Files staff recommends Froose.com

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A Great Getaway...

Not Far Away



Keep comfort objects nearby. Having a favorite pillow or blanket will keep kids of every age more comfortable and allow them to sleep better on long flights or while waiting during long layovers. Staying relaxed and well rested can significantly help to lower tensions and anxiety when children are far from home. Familiar pillows and blankets will also help children to sleep more soundly despite being away from home – no matter how excited they are. Need to know: Family Travel Files staff recommends that you resist the temptation to wash the blanket before leaving. The aroma of home is a comfort that money cannot buy.

About Bach Rescue Remedy. Bach Kids Rescue Remedy and the full line of Bach Flower Remedies are an all-natural, alcohol free, non-narcotic healing system which can help relieve children's stress, worries, and anxiety. Bach Kids Rescue Remedy is available in 10ml bottles for \$12.95 at Whole Foods and other natural product retailers. Bach Kids' Rescue Remedy is also available at the newly opened Harmony Pharmacy & Health Center located at Newark Liberty International Airport and opening soon at John F. Kennedy International Airport, San Francisco International Airport, and Cleveland Hopkins International Airport. FoodShouldTasteGood is sold in various airports around the United States, including John F. Kennedy International Airport. Bach Kids Rescue Remedy - sold at Whole Foods nationwide as well as Harmony Pharmacy for \$12.95. Get more details at www.bachkids.com

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Advice: Healthier Traveling - Tips to Ease the Stress of Allergies Away From Home. The fact is that one in four Americans suffer from allergies according to the Center for Disease Control and A Cornell University survey found that an even greater number - one-third - reported having allergies or traveling with family members who had allergic reactions. PURE Solutions: the company that creates allergy-friendly hotel rooms worldwide has offered a few tips for vacationers.

Advice: Boomerang - Audio Fun and Trip Distractions for Roadtrips, Plane Trips, or Downtime. Basically if you don't have Bommerang! – the audio magazine - in your life, you need to get. Boomerang! is one of the fun parts of parenting. Tune in to great dialog about relevant topics presented in a pure kid style with quirky anecdotes, humor, plain facts that matter.

Advice: Planning a Family Reunion Can Be Stressful and Daunting or Fun and Easy. Staying connected isn't as easy as it used to be. As the geographic distances grow between family members the need to schedule time to get together to have becomes a bigger deal than three decades ago. The idea, while worthy, will take time, effort and patience. Basically it comes down to this. Keep it simple and communicate, communicate, communicate. If it is not going to be fun, why do it?

Advice: Yes, It's Okay to Take the Soap Home. Mommy can I take this home? The answer is yes; please take the partially used soap home to use so that it is not wasted. According to the Green Hotel Association @ thousands of tons of slightly-used bar soap are discarded each day by hotels around the world.

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