How to Travel with Little Kids

Without Crying in the Airport Bathroom
Real-life tips from a mom who's actually done it

3 MINDSET SHIFTS

What to believe instead of "we can't travel right now."

✅ Start small.
 A weekend trip or nearby getaway counts. Every trip builds your confidence for bigger ones later.

✅ Perfection is not the goal.
 Melt-downs happen. Delays happen. You're not doing it wrong—you're doing something brave and beautiful. Shift the goal to memories, not milestones.

✅ You don't have to do it all yourself.
 Pinterest and Instagram won't plan your trip. You deserve help—whether that's a checklist, a travel pro (hi 👋), or someone else carrying the mental load for a while.

3 COMMON MISTAKES TO AVOID

Because most travel stress is totally preventable.

❌ Waiting until "they're older."
 Truth: it's not easier later. It's just different. Start now, build routines early, and your future self will thank you.

❌ Trying to "see everything."
 One big activity a day is plenty. Your kids will remember the splash pad more than the cathedral. Less = happier everyone.

❌ Overpacking and underprepping.
 Too many clothes, not enough snacks or entertainment. Instead, think: comfort, convenience, and backups for the non-negotiables (like wipes, loveys, or iPads).

3 QUICK WINS TO GET STARTED

Small actions that make a big difference

✔ Pick your travel "anchor."
 Choose a birthday, school break, or long weekend. Give your trip a reason + a date = momentum.

✔ Build your carry-on kit now.
 Start gathering: snacks, sticker books, new crayons, headphones, wipes, and 1–2 surprises. Your future flight-self will love you.

✔ Get support.
 Follow me for more tips, use my checklists, or let me plan the trip for you. You don't have to figure this out alone.

Want the full roadmap? Here are your next steps:

💌 Take my Masterclass - Email Me to Register (melissa@thesingingsuitcase.com)

💌 Let me help you plan the trip from start to finish—just like I do for my own family - Click to Schedule a Free Call (or just email me!)