

# Getting away from it all

Book childminder, friend or family member in advance



Tell your kids you are going away and when you will be back



Leave an emergency number for your babysitter



Pre-plan food for your kids or delegate, write down dietary details for your kids



Bedtime instructions and plan what you'd like them doing in the evening and get out some activities



Book travel and let your baby sitter know that you arrived safely to the destination and number of the accommodation



If they are babies and toddlers, then have a nappy changing basket or station, and spare clothes to hand

