Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Top tips: Preparing children for holidays

Many families take time for a holiday, particularly at this time of year. For some children this may be a familiar experience and for others this may be their first experience of a holiday.

Here are some top tips to help prepare children for holidays:

1. Encourage families to share holiday plans with you throughout the year, including overnight stays, weekends away or longer overseas trips. Use the information to help children prepare for the experiences
2. If children are going on a mode of transport such as an aeroplane, spend some time in the weeks ahead preparing them. Point out planes in the sky, explain how aeroplanes work or share books about air travel. This can be replicated for different modes of transport
3. Carry out activities with children to help them to think about what they will need to take on holiday. For example, if they are going somewhere hot, they will need a sun hat, if they are going camping, they will need a tent etc.
4. Add holiday enhancements to your role play and small world provision for children to explore such as suitcases, camping equipment, caravan, aeroplane etc.
5. For families planning days out at home, provide parents with a useful list of places they can visit for free such as local places of interest, museums and parks, alongside ideas such as having a family picnic which their children can help make
6. Give children a blank notebook and pencil to take on holiday and encourage them to record their experiences in their own way, which could include marks, words, drawings, collected items etc. Use this to help children recall and share their holiday experiences. If families are able to, then they can also share photos of holidays to encourage conversation.

NDNA products to support you with these tips
*   Quality Counts.

And more resources at www.ndna.org.uk/hub/myndna