

Building the Perfect Road Trip for Your Young Family

Where ya' headed?

A data scientist calculated that the optimal route for a road trip around the entire United States would require more than 224 hours of driving. With little ones in the car and responsibilities at home, that's hardly realistic for your family.

No one knows how long your kids will tolerate being in the car better than you, so choose a destination that doesn't exceed that amount of time. And get your kids involved in deciding where to go to help build the excitement leading up to the trip.

The road map

Once you've decided where you're headed, plan out your stopping points in advance. In addition to meals and bathroom breaks, you can stop to shop, see a famous roadside attraction or visit at a park to help break up the trip.

Check weather and traffic patterns along your route to make sure you don't encounter any surprises along the way. If your kids are still of napping age, you may want to choose a time to drive when they can get a good snooze.

Keeping your family's tank full

From healthy snacks like fruits and vegetables to indulgent ones like candy bars or cheese puffs, variety is key. That way, you stay satisfied and feeling good while you're on the road. By letting your kids pack their favorite snacks and drinks themselves, they're sure to stay happy on the drive.

The tunes

Good music can make a long drive go by faster. As for the radio, you can research which stations you might like in the areas you'll be driving through. And subscription radio services have plenty of family-friendly stations to choose from.

If you want to have more control over the songs you listen to, use family-focused playlists from streaming music providers, or make your own playlists consisting of songs you already know everyone will like.

Passing the time

To keep the kids from screaming "Are we there yet?" you want to keep them comfortable and entertained, while making sure they are secure in their age-appropriate car seat. Bring pillows and blankets, and make sure everyone is wearing comfortable clothes.

For entertainment, you can rely on a lot of the same things you do at home, like books and touchscreen devices. You can also use the time in the car to tell stories or play games that involve the different things you see along the way.

Just in case

Before you hit the road, make sure you are prepared for unexpected occurrences. In addition to having a roadside safety kit, you should know what helpful benefits and services your auto insurance company offers. The quicker you can remedy the situation, the less chance there is for your kids to get restless.

Road trips are all about family fun and experiencing new things. By being prepared, you can be sure it will be a memorable experience for all the right reasons.

You don't want to stress out about something happening to your car or your home while you're away. With auto and home insurance from Liberty Mutual you won't have to, because you have protection that's there for you no matter where your road trip takes you. Get your free, no-obligation quote on home and auto insurance by calling 800-699-4283 or by visiting [Liberty Mutual](#).

Source: <http://www.npr.org/2015/03/21/394427979/the-definitive-road-trip-its-data-driven>