

Pack Like A 90's Parent: Ages 0-5

IT'S SO EASY TO HAND OUR PHONE TO A BORED PRESCHOOLER WHEN WE GET STUCK WAITING

But defaulting to screens in difficult moments takes away opportunities for our kids to learn to handle waiting, boredom and frustration. Handing them a toy or book is a much better option! Here are some ideas for one small thing you can keep stashed in your glovebox, purse or backpack, so you'll always have something on hand for those moments of unexpected waiting:

1. A small drawing pad with a pen tied on by a string
2. A small coloring book and a six-pack of crayons
3. A small puppet or a few finger puppets
4. A small picture book to read
5. A stack of "Memory" cards in a ziplock bag
6. Six piece Tegu Travel Pal or other magnetic building blocks
7. Stickers and small sticker book
8. A few balloons to blow up
9. A can of Play-doh
10. A bottle of bubbles

When our kids get a little older, we can put them in charge of planning ahead for boredom. Asking "What would you like to bring to the DMV so you don't get bored while we wait?" gets them into the habit of thinking ahead for boredom, and also sets the expectation that you won't be handing over your phone.

