

Our First Vacation...

Recently, we packed up the kids (our two and a half year old boy and six month old girl) and headed off on our inaugural family vacation. Well...let me clarify that, we went on our first ever *kid's* vacation. Traveling with kids is far from my ideal getaway of sitting on a beach with no worries and a cold drink. It's fun, but a different kind than we're used to when traveling.

So we put on the fresh diapers, fed bottles, filled sippie cups, cranked up *Holiday Road* on the iPod, and headed off to our first "kid friendly" destination. Somehow, we managed to cram the whole suburban full with just enough stuff for a two night stay. Diapers, floaties, port-a-cribs, snacks, wipes; we were prepared for any kid-tastrophe. If we'd have flown, we would have needed one of those military transport planes that opens from the front. Luckily, we only had a two hour drive...just enough time for the kids to nap and wake up grumpy.

Now, I know that most of you are probably veterans at traveling with kids or grandkids. If so, the rest of this article will only serve to reinforce what you already know. For those of you who have yet to hit the road with your young family in tow, here are a few things I picked up.

Dr. Pepper and donuts are a reasonable breakfast choice. We try our best to feed our kids a healthy diet. Milk, fruit, healthy juices, and anything green we can trick them into eating. It's just that a kid wouldn't be a kid if he went to the breakfast buffet and brought back a banana and a glass of organic low fat milk. Yes, even dentists let their kids drink the occasional soft drink. The last thing we want to do is raise the next *Willy Wonka*. The hardest part has been breaking that urge since getting home. Our little girl, Peyton, also had her first solid foods...pickles and curly fries. I guess healthy eating needs a vacation, too.

Kid friendly resorts are a tease. We stayed at a place with a beautiful looking golf course and a full service spa. We walked by a "sit down" restaurant that smelled of prime beef. Alas, we could only stare longingly at the parents of the older kids, those parents who actually had the pleasure to enjoy those amenities. A pee and sun warmed kiddie pool isn't really the same as a hot tub and *Yogos* plus in room dining do not equate to a five star meal.

When sharing a room, we're all on the same schedule. It's been a while since I've gone to bed at nine p.m. or taken a two hour afternoon nap. It's also not real easy for mom to sleep in when we're all crammed in the same bed. Luckily, our kids managed to wake each other if they tried to get too much rest. When in Rome...

To be honest, I could probably write a book from just one weekend. As a matter of fact, my kid's teach me at least one new thing each day. The truth is I wouldn't trade those two days for the prettiest beach in the world.

Until next time, keep smiling.

-Questions or comments can be sent to Drs. Parrish at ParrishDental@aol.com.