TOUCHSTONE
THERAPY CENTER

FREE RESOURCE

CHECKLIST FOR PARENTS

Tips for a Successful Family Vacation



A little planning keeps the trip about connection instead of stress. Check off what fits your family.

Define your goals

Keep the purpose of the trip in mind: quality family time, soaking in a new place, or simply having fun. The little things make lasting memories. Check the goals for this trip:

- [ ] Quality time together
- [ ] Seeing the sights
- [ ] Having fun
- [ ] Visiting family
- [ ] Rest and relaxation

Manage expectations

Do not overload the itinerary. Trying to do it all creates stress and takes away from making memories.

- [ ] Review potential concerns for the trip and how to address them
- [ ] Avoid overloading the itinerary
- [ ] Prioritize family interests

Involve everyone

When everyone feels included, complaints go down and the vacation becomes a team effort.

- [ ] Plan with your partner what your goals are for a family meeting
- [ ] Set a family meeting
- [ ] Discuss expectations of the trip and plan breaks
- [ ] Make sure everyone has a voice about what they want to see or do

Create an exit plan

Plan for breaks and downtime so everyone can recharge.

- [ ] Plan for breaks and downtime
- [ ] Designate a break spot for each person to have downtime
- [ ] Create a phrase together so family members can signal when they need a break

Notes