

Tip of the Week



Tip of the Week Summer Vacation Plans

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This is the time many people take vacations. Be sure to use your vacation. According to Joe Robinson, author of "Work to Live- A Guide to Getting a Life," taking a vacation is as important as watching your cholesterol or exercising. Americans forfeited an average of four vacation days each last year.

Planning ahead for your vacation allows time to find activities that are available in the area you are going to. Search on line or call for information to be mailed to you from the city or regional Chamber of Commerce office.

Read articles in magazines or newspapers that highlight area events and activities. Families can reduce costs by limiting the number of activities that require entrance fees. Note times and days of operation so you aren't disappointed when you arrive. Once you know where you are going, check the library for books, maps and other materials to share with your children.

Special moments on family vacations can last a lifetime in precious memories for both children and parents. At the same time, vacations can be frustrating and unhappy when family members feel extra stress instead of relaxation and enjoyable togetherness. There is usually some transition time as families may not spend this amount of time together in their usual routine at home. Children are apt to participate more willingly if they get help to make the plans.

Obviously, parents have a say also, especially in terms of the expense involved. Perhaps the adults could make a list of affordable alternatives for the family to select from. If there are disagreements between members about where to go and what to do, the family could decide to take turns choosing. Maybe each person gets to pick one or two favorite activities to do during the vacation.

Here are some websites where you can find money saving ideas and coupons for activities, attractions, gas rebates or other incentives:

www.entertainment.com

www.valpack.com

www.themeparkinside.com

www.gasbuddies.com

www.gaspricewatch.com

www.vacationkids.com

Tip of the Week (TOW) is emailed out weekly by Sherry McGill, Woodbury County Extension Education Director. To have the TOW emailed to you directly, please email Sherry at mcgills@iastate.edu