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The Top Ways To Stay Connected with your Kids While Traveling Without Them

By Natalie Gahrmann, The Priority Pro℠

Author of *Succeeding as a Super Busy Parent*

Traveling for business without your kids can be tough on both you and them. To reduce your anxieties, make your trips less stressful, and alleviate your kid's anxieties, as well, here are a few helpful tips:

1. **HELP YOUR KIDS UNDERSTAND WHERE YOU'RE GOING.**
   Use a map or provide travel brochures or guidebooks to help your kids understand more about where you'll be going. If they feel a part of your life by knowing where you are and what you're doing they'll feel a little more comfortable. By leaving a detailed itinerary, they'll also know where you can be contacted in case of emergency.

2. **PLAN AND ORGANIZE BEFOREHAND.**
   Make arrangements for all car pool, child care and homework assignment arrangements, confirm them and post them visibly. Help everyone follow the 'master' plan and schedule even in your absence. Include notes suggesting meals, reminders and contact numbers. Prepare meals ahead of time for your family that can be stored and heated during your trip. Aim for the least amount of disturbance to normal routines as is possible.

3. **WRITE SMALL NOTES.**
   Even if your kids are too young to read, write small notes they can have someone read to them each day while you are gone. To add a special touch, hide the notes in places they'll find them throughout their daily activities (e.g., lunch box, refrigerator, sock drawer, medicine cabinet, under their pillow). If you'll miss something important to them, be sure to make them feel your presence and support anyway.

4. **LEAVE A RECORDED TAPE.**
   Record your voice reading their favorite bedtime story or other special message that your kids can listen to daily.

5. **HAVE YOUR KIDS KEEP YOU CONNECTED.**
   Even though you're gone, you don't have to totally miss out on kid's life experiences. Have your kids take photos, videotape and record events you miss or any messages they wish to share with you. That way they can share their excitement while the moment is ripe and together you can relive the moments upon your return. Your kids can also write small notes to you and hide them in your luggage or other belongings.

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6. **SEND POSTCARDS.**
   Send out postcards as soon after you arrive, as possible. And, depending on the length of the trip and the various locations you visit, send others as the trip progresses. You can help your kids create a scrapbook of all the places you visit.

7. **CALL TO CHECK-IN.**
   Call to say "good night", "good morning" or as often as you can (as long as your call doesn't disrupt or upset your kids. If phone use is limited due to time zone difference, leave them voice messages or send email, text, or social networking greetings.

8. **BRING HOME A SPECIAL SOUVENIR.**
   Kids love getting presents. Coming soon, in many cities you don't even have to go out and shop for special souvenirs to bring home to them. guesswhatIbroughtyou.com {TM} is the "hotel gift shop that delivers" {TM}. They give business travelers a quick and easy way to shop for gifts to bring home to family and friends. You can order high quality souvenir gifts that reflect the special flavor and culture of the city you are visiting. Order by 10PM and your order will be delivered to your hotel by 7AM the next morning (Saturdays, Sundays, and holidays excluded). You can also have your order shipped to your home.

9. **MEET & GREET AT THE AIRPORT.**
   If possible, have your kids meet and greet you at the airport when you arrive home.

10. **FOCUS YOUR TIME & ATTENTION ON YOUR KIDS UPON YOUR RETURN.**
    It's important to re-connect and ease the transition back, especially after a long trip away. This may mean letting your un-read mail sit for just one more day, not immediately returning phone calls, letting your packed suitcase sit or eating take-out/dining out your first night back.

About the Author:
Natalie Gahrmann is an internationally certified professional coach and work/life expert who works with organizations to underscore the causes of stress and productivity issues and teach their employees how to better self-manage their burgeoning workload – in all aspects of their lives. She delights in helping entrepreneurs, executives, and SuperBusy^{SM} Parents balance their work and personal life, achieve better results, and create more fulfillment and congruency in their life.

She is the author of the award winning, ***Succeeding as a Super Busy Parent*** and ***Tools for Creating Success, Fulfillment and Balance in your Work, Family and Personal Life***. Natalie has helped thousands of people at every level of the business manage the complexities of life's challenges through individual & group coaching, workshops & keynote presentations, on-line advice, a monthly column in *Moms Business Magazine*, and her free e-newsletter (which you can subscribe to at www.theprioritypro.com). She is a contributing expert for *Parenting Magazine*, *BlueSuitMom*, iVillage, and MyPath. She has been featured in a number of articles and on TV and radio in the US, Canada, Australia, and the UK.

To learn more about how coaching can help you or to arrange an introductory coaching session, contact natalie@theprioritypro.com. To subscribe to our free bi-weekly e-newsletter, visit our website, www.theprioritypro.com.

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