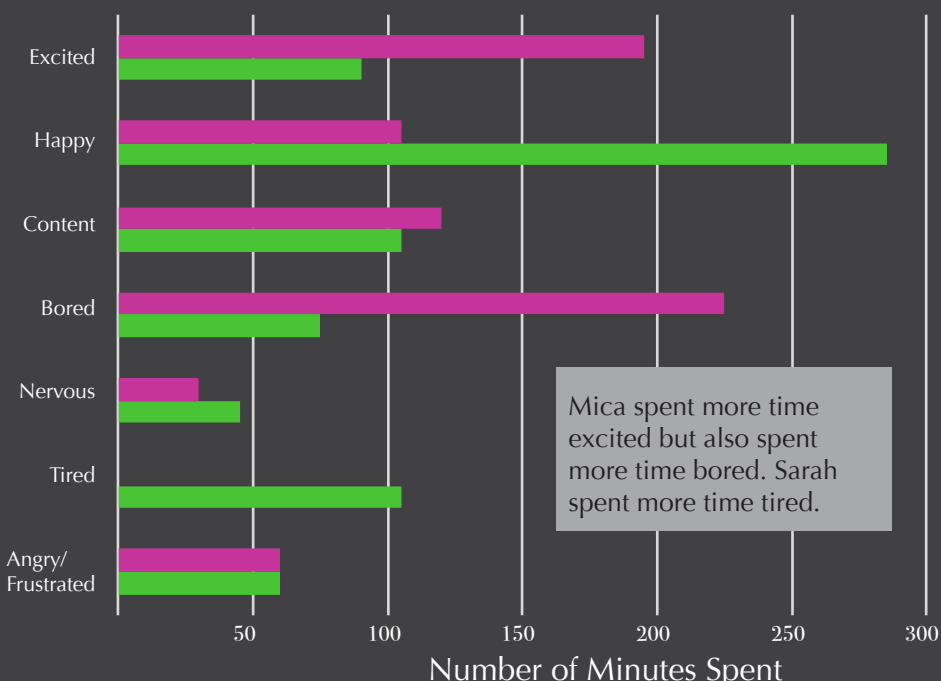
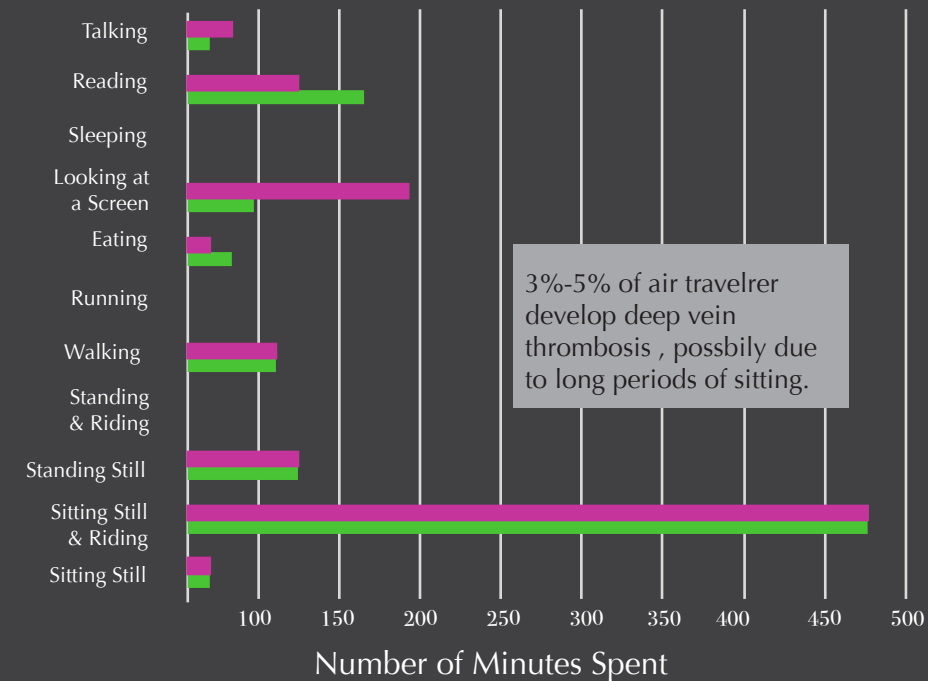
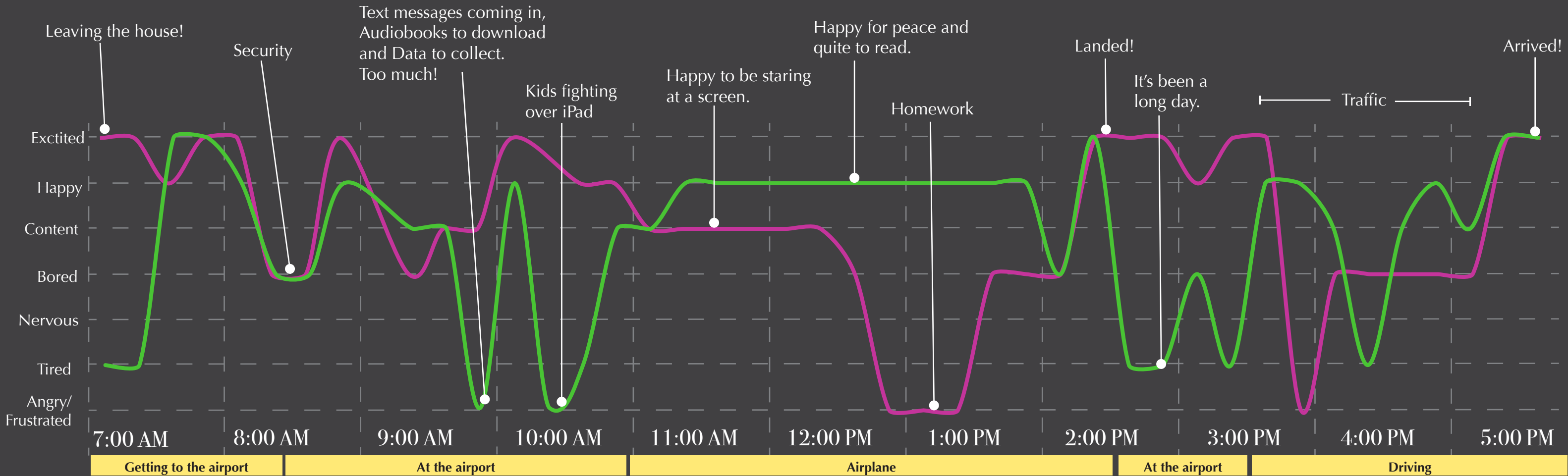


The emotional roller coaster of traveling with children.

Our family of four-- Sarah (Mom), Eric (Dad), Mica (9) and Bay (6)-- traveled from Louisville, CO to Ludlow, MA for a much awaited family wedding. Traveling with kids is always an adventure but as they get older the roller coaster smoothes out. Mica and Sarah's adventure is charted below. We took data every 15 minutes throughout the day tracking our activities and emotions. Dispite the ups and downs this was a surprisingly smooth day. Or maybe I'm just immune to it by now...

SARAH
MICA



1870

TOTAL MILES TRAVELED

AIR: 1750
CAR: 118
WALK: 2.5

6

NUMBER OF PEOPLE WE TALKED WITH BESIDES EACHOTHER

TSA AGENT
LADY AT FOOD COUNTER
LADY IN LINE TO GET ON THE PLANE
FLIGHT ATTENDANT
LADY AT CAR RENTAL COUNTER
MAN WHO GO TOUR CAR SEAT

4

TIMES WE ATE

PASTRIES FOR BREAKFAST
EGG SANDWICHES AT THE AIRPORT
CRACKERS ON THE PLANE
DUNKIN DONUTS!