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Spring break 2020 for gsu

Finally, you can head out to get the mail without putting on a winter coat. If you're lucky, there may even be a brave robin on yet another bare tree branch practicing his high notes. Spring hasn't sprung up enough, but you can smell a change in the air. After a long, rough winter (and this was a beast for many of us) it's nice to face family in a changing landscape - one where you can spend time outdoors and get your vitamin D out of sunlight instead of a daily supplement. Spring break isn't just for wild students who love the sun. It's about introducing your family to a whole new era of fun and exploration. You may be heading south to Grandma's house in Boca Raton or have the newest fun at the theme park of your choice. Whatever your destination, these tips will help make the spring break easier for you and safer for your brood. Advertising contents Of course, you'll definitely remember to pack light clothes and sunscreen for everyone, but there are still a few changes from winter to summer that you should keep in mind: It's easy to lose sunscreen protection when your kids are in and out of the water or sweating. Apply a wide range of waterproof sunscreen half an hour before going outdoors and reapply it every two hours. If someone in the family is wearing sunglasses, make sure they offer full UV protection, too. You've got the shoes ready. This walk along the beach may be just right to warm up your tootsies and give them a refreshing sand bath, but walking back across the asphalt in the car could get hot and dangerous. The same goes for nature on foot or swimming by the pool. Protecting the legs could save someone from a painful accident. Avoid hot, wounded feet with preparation. The destination of the hot weather may not cooperate for the entire trip. Early spring days can start temperate and turn chilly quickly. Make sure to take along clothes your family can layer to stay comfortable. Advertising You may have a planned vacation that requires an air trip or are planning a staycation that includes short hops at local entertainment spots such as the zoo. Children want to get to where they go quickly, and trips that involve long walks that never seem to end can be torture - for everyone involved. For a child, even a relatively short trip by car or plane can be an eternity of idle frustration, even fear or confusion. Whatever your plans, they make the safety of and travel logical priority. To make sure you don't find yourself wishing you'd never left the house (and have every stranger in the area feeling the same way), notice these dos trips: If you're traveling by car, give your vehicle a checkup before you head out. Make sure your safety is current and you have emergency equipment such as a first aid kit, flares and a mobile phone with you. Pack plenty of water and essential items like snacks, formula and diapers for travel, too. If you are taking a toddler on an air trip, discuss child restraint system options with the airline. Your hug is not the safest option for your child. Some airlines provide CRS seats and will help arrange connecting flights. A CRS will need to be installed in a window seat, so advanced programming is required. You may be able to avoid paying extra if you are travelling at off-peak times, when there are usually extra seats available. These days, most airlines operate the majority of their flights with or near capacity, so it's important to understand your options. Bring fun diversions and snacks. Be creative. A long journey can require many distractions. Explain the travel process to your child. If she has never been on a long journey or travelled on a plane, bus or train, take the time to walk through the process with her. The more ready she is for the trip, the smoother she is likely to go. It may even be worth a trip to the airport, train or bus station to see what everything looks and sounds like in advance. Advertising Holiday fun can be more than just visiting one expensive space after another. If you make your excursion an educational trip as well as an exciting adventure, you can have almost as much fun planning your holiday trip as you will experience it. What types of animals are native to the locale you will visit? What's interesting about the history of the area? Upon arrival, museums, parks, walking tours and libraries offer many rich opportunities to learn more. Giving your holiday an educational flair can be a fun and economical way to enjoy a well rounded trip. Advertising Make sure you keep your home safe while you're away: Stop mail and newspaper deliveries. Ask trusted neighbors to keep an eye on your property while you're away. Don't discuss your trip around strangers and warn your children to avoid exposing your plans on their favorite social networking site. Be sure to lock your doors and windows before you leave - everything. To make your home look like it's still occupied, consider using a timer to turn your internal lights on and off in a normal program. If you plan to park your vehicle at the airport, remove the GPS device and leave it at home. If your vehicle is broken into, the GPS could give robbers directions back to your empty and vulnerable home. Advertising Traveling on Vacation will give your kids a better appreciation of the world around them and get you all out of the house to enjoy some fresh air. To make sure that you are so on the road while you're at home, observe these precautions: Tell someone where you're going and when you'll be back. Be careful in the crowds and keep your children close and in line of your sight. Never leave your valuables, such as your bag, wallet, luggage, keys or ID unattended. Avoid traveling with expensive items such as high-end electronics or precious jewelry. Do not give your personal information or disclose your plans to strangers. In the excitement of holiday fun, it's easy for kids to forget forget Discuss the activity specific security measures with them before they head out for an event. Whether it's safe practices around strangers or making sure there's a lifeguard on duty at the pool, remind your kids about the rules. You want to have an amazing and safe vacation. Advertising Consider a spring break staycation if the money is tight this year. Learn how your family can have fun with these 10 spring vacation staycations. Sources american academy of pediatrics. Spring break safety tips. 2/2010. (2/13/11). Travel. Spring tips from the AAA. Linda. Spring vacation tips for parents. 3/17/09. (2/13/11). . Spring Break Health and Safety Tips. 9/1/10. (2/13/11). . Spring Break Countdown - Safety Tips for Spring Break Travel. No date. (2/13/11). Tips. College spring break tips. No date. (2/13/11). Travel Network. Six long family trips. No date. (2/13/11). Top 8 Family Spring Break Vacation Tips - Santa Barbara. No date. (2/13/11). Elizabeth Weiss. Avoid the ravages of spring break. Michelle. Air travel with children. No date. (2/13/11). Nancy Lauck. Use of child restraint systems on aircraft. NTSB.12/9/10. Spring Break. Safety tips. No date. (2/13/11). Jessica Kate. Spring Holidays 2010: Alternative Destinations & Family Holidays. 3/9/10. (2/13/11). Ashley. Spring Family Escapes. USA Today. tips and guide. Family-friendly spring getaways. 3/26/10. (2/13/11). Smarter. Spring Survival Tips. No date. Kristin. How to go green: Spring break. Treehugger.com. 24/2/09. (2/13/11). Plenty of Sac State and UC Davis students will be heading to tropical locales this spring break, but many more will remain local due to budget constraints or simply lack of inspiration. Maybe you're one of those college kids, or maybe you're a mother of five - whatever your current situation, you can find great things to do during the spring break in Sacramento without spending a fortune. Stay locals, stay within budget and still have a blast with these fun tours. Bike or Sacramento Hiking is packed to the brim with bike and hiking trails to enjoy. Now that the weather is heating up, spring break is an ideal time to take some nature and enjoy the atmosphere of the American River. Bikes Plus rent bikes at affordable prices if they are not easily equipped to hit the open road, and with more than 40 bikes available, your low-key spring break will benefit from their experience. Helmets are included in each rental. When you're ready to go cycling, try the Jedediah Smith Memorial Trail, also known as the American River Bike Trail. Do you feel a little bolder? Check out the Sacramento to Davis bike path that stretches for 14 miles. It's quite a walk, but it's been conquered by many. It is ideal for those who drive regularly and want something different. When you get to Davis, be sure to stop by Redrum Burger, Woodstock Pizza or another local favorite before heading back. Sacramento's Art Tour is home to many art museums and upscale street fairs - many of which are ignored by locals due to the fact that there simply isn't time to visit during a typically busy week. This spring break? patrons these local sites, including the Crocker Art Museum. Admission is about \$10 for adults and drops down to \$8 for college students and \$5 for youth. Children 6 years of age and under are free of charge. You will be amazed at the large collection of various types of art found inside this small museum, which has recently expanded. Historic Placerville is another winner when it comes to appreciating local art. This historic Gold Rush town is filled with antique shops and stylish boutiques you'll love. Stay for dinner or overnight stay in a vintage bed and breakfast like the Eden Vale Inn. Photo Blitz How many places do you spend on a regular basis without enjoying their picturesque properties? Grab a group of friends (or your kids) and have a travel photo shoot all over Sacramento. Start at McKinley Park, which has long been regarded as the most photogenic park in Sacramento. Take some vintage snapshots near the Railroad Museum in Old Sacramento, and then pose among the blooming spring blooms in the Capitol's Rose Garden. River Fun Sacramento is home to both the Sacramento River and American River, and there's a lot to do in the water during spring break. Consider a raft and float under a stream of absolute relaxation, complete with your picnic meal and drink of choice. Or, sign up for a local white water rafting tour - the season kicks off on the weekend of April 6. Since Sacramento is centrally located within driving distance of many popular spring break activities, it is possible to get out of the city Budget. If you want to get out of town and feel like you're going on a long vacation without breaking the bank, remember these destinations make for an excellent day, weekend or week-long trip. All are a few hours' drive away and provide the typical traditions of the spring holidays of the beaches, bars and tanning of the first season. - Lake Tahoe - Santa Cruz - San Francisco - Lodi - Monterey - San Jose - Capitola - Bodega Bay All of these have lakeside or beach activities that you can do cheaply or for free. Thank you for letting us know! Know!

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