

DISCIPLINE FOR
PRESCHOOLERS

STRESS-FREE
TRAVEL TIPS

THE RIGHT
MEDS FOR BABY

Inside!
93 TIME
SAVING
IDEAS

CANADIAN family

The Ultimate
**HALLOWEEN
GUIDE**

- ✓ easy costumes
- ✓ spooky party ideas
- ✓ simple crafts

**6 LOVABLE
CREEPY PETS**

**YUMMY
COMFORT
FOODS P.95**

**GET
MORE
SLEEP!**

solutions for
the whole
family P.65

plus
**4 chic ways
to display
family photos**



friendly skies

If you have your choice of connecting airports, here are the top five in the world for families, as determined by The American Society of Travel Agents: London's Heathrow Airport, Amsterdam's Schiphol Airport, Frankfurt Airport in Germany, London's Gatwick Airport and Singapore's Changi Airport.

We've consulted with parents, who have recommended their Canadian airport faves.

Toronto Pearson International Airport "Our daughter loves the new terminal at Pearson and enjoys checking out all the cool sculptures in the departure area. Mommy loves the great magazine and bookstores and the Starbucks. Such a great airport."
CHAREEN PARSONS, MOM OF LAUREN, 3

Calgary International Airport "It's easy to get around, the carts are free and there are people dressed up in cowboy outfits to help out. There are lots and lots of play and entertainment areas, exhibits to amuse the whole family, and you can actually see the planes take off, which is very exciting for little kids."
BECKY ARTHURS, MOM OF OBADIAH, 5, AND JUDAH, 3

St. John's International Airport (Newfoundland) "It's rather small and compact, which makes it easier for kids to walk through—a great feature, because then you don't have to carry them. And the people there are so willing to help."
VANESSA THOMSON, MOM OF JOSH, 8, AUSTIN, 5, AND KAITLYN, 3

AEROPLANT TIP: You can't hold on to your Air Canada Aeroplan miles forever—each mile you earn has a seven-year expiry date, and you must have at least one Aeroplan transaction each year to keep your account active.

drive smarter (not harder)

With skyrocketing fuel prices, road trips cost more now than ever before. "If people did a few simple things they could potentially get up to 100 kilometres extra out of a tank of gas," says Charles Crispim, senior manager for the EcoEnergy for Personal Vehicles program with Natural Resources Canada. Make a game of it—keep track of how many kilometres you get per tank, and try to beat it. The federal government's Office of Energy Efficiency has a list of guidelines, which can be found at oee.nrcan.gc.ca/transportation/fuels/fuel-saving-tips.cfm. Here are a few of the tips:

- ◆ Aggressive driving can increase fuel consumption by 37 percent, so take it easy behind the wheel.
- ◆ Drive the speed limit—an increase from 100 km/h to 120 km/h can burn 20 percent more gas.
- ◆ Get out the map and plan ahead—getting lost can be costly.
- ◆ In good weather conditions, use your cruise—smooth, even speeds are good for fuel efficiency.

don't leave home without it

Parent-recommended items to keep close by, whether you're flying or driving: ◆ Gravel ◆ a change of clothes for every kid in the family ◆ children's Tylenol and/or Tempra ◆ large-sized resealable plastic bags, which can hold dirty clothes or diapers, small toys and can help avert disaster in case of vomiting ◆ a variety of surprises: stickers, colouring books, small toys, etc.—some parents recommend a gradual, hour-by-hour revealing of the new items, which can make a long day on the road much more bearable ◆ Band-Aids ◆ a cornucopia of healthy snacks; Cheerios, mini Goldfish crackers, water bottles and granola bars tend to travel well ◆ Pepto-Bismol tablets ◆ baby wipes, hand sanitizer, paper towel ◆ photos of your children, which can be invaluable in finding a wayward charge in a busy and unfamiliar place.

things that make trips easier

"Take along a large Lululemon shopping bag, the free ones you get with purchase. Nothing else holds as much for a carry-on, and it makes it easy to find stuff—it's all out in the open."

YUKI HAYASHI, MOM OF ESMÉ, 6
(Note: If you can't make it to a Lulu, some grocery stores have similar bags available at checkout for 99 cents.)

"Bring your kids' stuffed animals or dolls from home, which are familiar and can help comfort them in new places and situations."

LISA LETHANGUE, MOM OF BROOKE, 3

"As much as I hate to admit it, I don't think we could get by without our portable DVD player and kids' movies. On our last car trip to Florida, we actually burned four hours of Treehouse to a DVD so that we had quick shows to keep the kids occupied! They tend to revert back to 'are we there yet?' mode when it's a full-length movie."

MEREDITH DODGE, MOM OF JACK, 5, AND ANDREW, 2

pretty light

Lighten your load with these multiple-use beauty products.

- 1 It's your entire makeup bag in one product! Put it on lips, eyes and cheeks. *The Multiple in Orgasm*, \$46, Nars.
- 2 Why bring three bottles when you can bring one? This one is a facial cleanser, make-up remover and moisturizer. *3 in 1 Mild Gel Cleanser*, \$21, *Reversa*.
- 3 Wash your hair and body with this sweet smelling gel. *Rose & Green Tea Aromatic Wash for body and hair*, \$5, *Ombra Spa*.
- 4 Handy as ever, use these for applying makeup and (carefully) cleaning nooks and crannies. *30-count Purse Pack*, \$3, *Q-tips*.
- 5 100 percent natural, geared for specific climates, mix-and-matchable and entirely unisex, the *Solavie Skin/Hair Care System* is a no-brainer for travel. This one contains body/face cream on one side, and a shampoo and bath gel 2-in-1 on the other. \$27, *Solavie*.
- 6 Besides being good for your hair, conditioner is also a great shaving-cream substitute. *Vive Pro Colour-care Conditioner*, \$6, *L'Oréal Paris*.
- 7 It's a moisturizer, a salve and relieves chapped or irritated skin. *Petroleum jelly*, \$2, *Vaseline*.—MM



Contributing editor Tim Johnson admits to being hooked on tripadvisor.com—he rarely stays at a hotel without vetting it there first, and sometimes scrolls through reviews, just for fun.

PHOTOGRAPHY BY CARLO MENDOZA (EXCEPT #5)