



Figure 1 Sydney Opera House. Source <http://www.unsplash.com>

LESS STRESS WHILE HOLIDAYING WITH KIDS IN SYDNEY? HERE'S HOW

Sydney is one of Australia's most visited tourist destinations with approximately [3.7 million](#) people holidaying in Sydney each year. Preparing for a holiday should be exciting. After all, the point of a holiday is to relax. Planning a trip with your children can bring about anxiety. Here's some ways you can take the stress of holidays with kids.

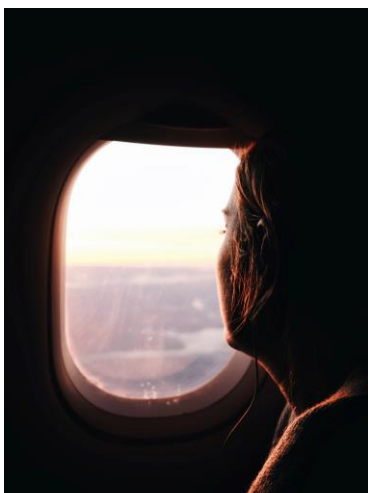


Figure 2 Girl on plane. Source: <http://www.unsplash.com>

GETTING THERE AND AROUND

Wrangling children out of the house, onto the plane, and then to the hotel can be tiring. There are a few things you can do to make it easier.

Consider Using Your Own Car

Travelling to the airport using your car is by far the easiest option. You don't have to rely on someone else to drive you and, in most cases, it's more affordable to park your car at the airport than to use a taxi or shuttle bus service.

It's All in the Packing

Pack a spare set of clothes in your carry on to be prepared for any accidents that might occur. It can also be a blessing if your suitcases go missing between the airport and your destination. Speaking of suitcases, allow extra room for your journey home. It's amazing how much space souvenirs can take up.



Figure 3 Man with suitcase at airport. Source: <http://www.unsplash.com>

Get to Your Hotel

Booking a shuttle bus to get from the airport to the hotel is a great way to avoid driving in unfamiliar traffic. [Airbus Sydney](#) offers transfers to hotels in and around the CBD. You don't have to book a time, you simply go to the designated pick-up point and wait for the next bus. The wait time is usually less than standing at the taxi rank.



Figure 4 Hotel room. Source: <http://www.unsplash.com>

ACCOMMODATION

Picking the right hotel can be difficult.

For me, it came down to three things:

1. Are the attractions we want to visit close by? If not, is transport to them easy to access?
2. Are there child-friendly eating options close by?
3. And my daughter's addition to the list: Is there a swimming pool?

The [Adina Apartment Hotel](#) met all the criteria. It's on the next block from the [Sea Life Sydney Aquarium](#) and [Wild Life Sydney](#). There are two convenience stores within two blocks and the ferry terminal is only a 5-minute walk away. A 15-minute walk away are the [Australian Maritime Museum](#) and [Darling Harbour Children's Playground](#).

WHERE TO EAT

Meal times can be a hassle. Everyone's exhausted and their becoming cranky.

Being informed about your dining options before you go is important.



Figure 5 Cafe. Source: <http://www.unsplash.com>

Eating on the Plane

If it's an available option, order your meals when you book your flights. It saves the hassle of trying to have the correct change to give the cabin crew or trying to find the time to look at the menu while trying to stop your kids from kicking the seat in front of them.

Food in the Hotel

Finding out where your nearest convenience store or supermarket are can be handy for those staples that room service can't cover. Having a loaf of bread and some snacks on hand can help prevent the hungry meltdowns kids are prone to. It's also worth contacting your hotel before your stay to see if they have a concierge service that's able to stock your room with supermarket supplies before you arrive.

Having a Snack

Make sure you pack snacks. When you're busy enjoying yourselves, it can be easy to forget to eat. Having a packet of biscuits on hand is a lifesaver. It can even help keep the kids occupied when they have to sit still for 5 minutes.

More than Room Service

Most hotels have room service, but there's another option: meal delivery services. [Deliveroo](#) delivers restaurant to your hotel room. There are so many options to choose from that you're bound to find food to suit even the fussiest eater.



Figure 6 Koala at Taronga Zoo. Source: <http://www.unsplash.com>

ATTRACTIONS AND ACTIVITIES

Sydney has so many activities to offer children. Attractions such as [Taronga Zoo](#), [Sydney Sea Life Aquarium](#) and the [Australian Maritime Museum](#) all have a wide range of activities and shows.

Knowing when they're on allows you to plan your day. During school holidays there are extra activities and events scheduled so doing your research before you leave is important.

It all boils down to one piece of advice: Be prepared. Do your research. Take extra copies of your itineraries and tickets with you. Have spare clothes on the plane. Take extra activities on the plane. Putting in the work before your holiday means you'll be able to relax and enjoy your time away.