



Embassy Suites Hotels

300% MORE Pledge - Tips from Travel Expert & New Mom, Samantha Brown

Embassy Suites Hotels is kicking off the summer travel season with a pledge to help families get 300% MORE enjoyment out of every trip. Together with travel expert and television host [Samantha Brown](#), they created the [300% MORE Summer Destination Guides](#) that offer top family travel spots and insider tips on must-do activities. As a new mom herself, Samantha has the firsthand know-how and expertise to help families plan a great vacation for this summer and beyond. Here are some of her sure-fire tips for making the trip go as smoothly as possible:

1. **Let the kids help plan.** Ask each member of the family to choose and plan one activity. The kids will like having a voice in family decisions, and everyone will feel invested in the vacation.
2. **Alleviate packing stress.** Leave out a pad of paper a week before and begin to write down what to bring as the items come to mind. Then create a typed document from that list, print it out and use it as the packing checklist to and back from vacation.
3. **Rehearse the security line.** Parents stress about the airport experience, particularly going through security. Do a "practice run" the night before. Pretend your kitchen table is where you put your things, a salad bowl acts as a bin, a doorway works as a metal detector. The more you prepare and make it an adventure the less stressful (and quicker) going through security will be.
4. **Take the first flight out.** It can be tough getting up early, but the airport will be quiet. The first plane also has the greatest chance of leaving on time. As the day progresses, flight delays start to mount and the terminal becomes filled with travelers.
5. **Decompress during a long drive.** On a road trip always stop for a break every few hours. Bring a Frisbee or ball that the kids can toss around to let off steam and pent up energy.
6. **Make time for naps.** Naps are vital to a stress-free family vacation, so build in some kind of break every afternoon. If the kids don't nap, have them draw or write in a journal. That quiet time will recharge everyone's batteries for a more enjoyable evening.
7. **A visit to a children's museum is always a winner.** When you're having trouble thinking of family-friendly attractions at your destination, check out the local children's museum. They are usually centrally located, inexpensive and provide a safe and stimulating place for kids.
8. **Set a budget for souvenirs & gifts.** It's always a good idea to set a budget for toys and trinkets before you go on a vacation. Let your children know how much it is so they can start to make their own decisions about money and what to spend it on.
9. **Take care of your feet!** When you spend a lot of time in amusement parks, it is essential to relieve your sore feet. Simply pack a pair of thin flip-flops and a small bottle of baby powder. Put them on during lunch to give your feet some air and let them stretch out. Your feet will feel refreshed from the baby powder, and you'll be ready to walk another three hours. Okay, maybe just two and a half.



Giving 300% All Year Long

The 300% MORE pledge is fulfilled every day through Embassy Suites' three signature amenities that keep families energized and prepared for a full vacation itinerary:

1. Daily cooked-to-order breakfast that gives families the **energy assurance** that they'll get the right start to tackle a packed trip agenda
Samantha's Tip: Breakfast IS the most important meal of the day. A great money saving tip is to fill up on a hearty breakfast of eggs, pancakes, and toast. The whole family will have plenty of energy to start the day, and you'll only need a light lunch.
2. Two-room suites that offer the **tantrum-free advantage** where separate sleeping areas for parents and children translate to more restful sleep and fuss-free days
Samantha's Tip: Personal space is a must. With two-room suites, everyone can spread out and unwind. Each suite has a large working table that is a perfect spot to color. Ask your kids to draw what they saw that day; it's a great way for them (and you) to process the day and relax.
3. The Complimentary Evening Reception's **pick-up promise** that free drinks and snacks can help bridge the gap from the day's activities to dinner without any meltdowns
Samantha's Tip: Get recommendations from other travelers. The Complimentary Evening reception isn't just a place to refuel and relax, but an opportunity to connect with other families to learn what attractions and activities were a hit with their kids.