FESTIVALS are growing in popularity with all the family. Music, culture, friends, food, and drinks – what’s not to like? A festival veteran or new to the scene? Here are some tips to help you and your children to get the most out of the experience.

Preparing for a festival

Preparing for the weather: Waterproofs are a must; children’s ears are delicate, so take quality ear defenders for kids with you. They’re unobtrusive, lightweight, and easy to store. For tinnitus sufferers, a Matador pocket blanket (dotcomgiftshop.com) has magnets and ties for easy attachment. £29.99, Firebox (firebox.com).

Sleeping: A waterproof poncho should be at the top of your list, but waterproofing accessories are also ideal for children in wet weather. If they’re going to camp, be sure to get them a good sleeping bag suitable for the temperature of the area they’ll be sleeping in.

Look after your ears: Good quality ear defenders for kids are a must; children’s ears are far more sensitive than adults. Keep an eye on their hearing and if you notice any unusual noises, take them to a hearing clinic for an assessment. The Luminoodle (very.co.uk) is an easy-to-use, water-resistant fabric lamp, offering up to 72 hours of light and the ability to show your own deigns.

Don’t forget the camera: Whatever the family activity, you need to capture the moment. The phone battery pack (powerbank) (blackheath, london) is great for charging your smartphone, with a battery life of up to 100 per cent and 5 hours of phone battery life. £24.99 for 150ml, Boots (boots.com)

At the festival

Food: Festival food is at the top of every child’s wish list. There’s something for everyone, from street food to gourmet feasts. The National (www.thenational.co.uk) offers a huge range of delicious dishes for all tastes. £7.99, Blackheath, London.

Alcohol: The NSPCC wants parents to be aware of the impact of a culture of binge drinking on children. This is particularly concerning for children who have witnessed their parents drink. It’s important to teach children about the dangers of alcohol and help them develop a healthy attitude towards it. 

Get involved: There are hundreds of activities and competitions to take part in. Be creative and enter your children into as many as possible to keep them entertained and engaged. There's something for everyone this year!

TOP TIPS FOR FAMILIES

1. Be aware of your child’s needs and try to cater to them as much as possible.
2. Educate them about the dangers of alcohol and teach them to make informed decisions about their own consumption.
3. Make sure they’re well-fed and hydrated throughout the day.
4. Encourage them to try new things and explore different cultures.
5. Make sure they get plenty of exercise and stay active.
6. Keep them safe and secure at all times, especially if they’re lost or separated from you.
7. Prepare them for the weather and have appropriate clothing and equipment on hand.
8. Take breaks when needed to rest and recharge.
9. Have a plan B in case of rain or other unexpected events.
10. Have fun and enjoy the experience with your family.

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SUMMARY

Festivals are a great way for families to spend time together and create lasting memories. By following these tips, parents can ensure their children have a safe and enjoyable experience.

You can really help your children through this time by being there for them and encouraging them.