

# Untold Italy Episode 331: Traveling to Italy with Kids - From Babies to Teenagers

Most people assume Italy with kids will be complicated thanks to some assumptions about the many cobblestones, long, long lunches and the three-hour museum circuits that some people like to promote. They are usually very surprised by what they find. Instead, today, three mums, including two who live in Italy with young children, share why family travel in Italy is easier than you think.

Ciao a tutti and Benvenuti to Untold Italy, the travel podcast, where you go to the towns and villages, mountains and lakes, hills and coastlines of Bella Italia. Each week, your host Katy Clarke takes you on a journey in search of magical landscapes of history, culture, wine, gelato, and, of course, a whole lot of pasta. If you're dreaming of Italy and planning future adventures there, you've come to the right place.

Katy Clarke:

Buongiorno, welcome to Untold Italy. I'm your host Katy Clarke and today I have two brilliant members of the Untold Italy team joining me. You may have heard Olivia if you've been following the show for a while and up until recently she lived in Rome, where her daughter was born on the Tiber island and has been collecting travel stamps since she was five months old. And then there is Cassandra, also based in Italy, mum to a five-year-old who has been on road trips across Europe and is now very much at home in Italy. Between the three of us, we have covered babies and carriers, toddlers who run straight for the canal, and tweens and teenagers who negotiate the itinerary. So whether your child is still in nappies or already has opinions about which region to visit, this episode is for you. We have a ton of advice for parents considering traveling in Italy as a family, but if you think you like the idea of family travel but don't want to do all the planning yourself, both Olivia and Cassandra are on our trip planning team and are ready to help. We've added a link to their profiles and our trip planning services in the episode show notes on our website so you can learn more about how we can help you.

Katy Clarke:

Hello, everyone.

Olivia Windsor:

Ciao, Katy.

Katy Clarke:

Hi Liv, hi Cassandra. Welcome back onto the Untold Italy podcast. It is great to have some of the team together and I really love this topic because actually we get questions about this

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topic and I thought we'd get everyone together because we're all mums and we've all got kids with different stages of development, different stages of parenthood. We also have lots of experience traveling with kids in Italy and also just generally, so we can give a little bit of perspective on travel in general and how it's like in Italy. So I know also that both of you have done trip consultations with families planning their Italian adventures, so you'll have some other context to draw on. So, how about we get started with some quick introductions and context and then go a bit deeper and I'll go first. So I've been a mum for, wow, like well over a decade now.

Katy Clarke:

I have two, a girl and a boy, and they're almost teenagers now and they've been traveling the world since they were six months old. And our first trip was to Indonesia, into Bali, and they've been traveling to Italy since they were two years old. And they absolutely love Italy, but they also love going to places like Japan, USA and they've been all over Europe and, of course, Australia. And I've also done some travel with my teenage nephew, so I feel like I've got a pretty widespread view of traveling with kids. And yeah, I'm excited for both of you to share your experience as well. So, how about you go first, Liv?

Olivia Windsor:

Yeah. Hi everyone, I'm Liv. I'm a mum to a 16-month-old daughter. She was born on the Tiber Island in Rome in February of 2025. So she's been in Italy for most of her life. When she was five months old, we took off on a huge road trip. We drove from Rome all up the top of Italy and into the UK and through France. And then over Christmas time, we took her on her first international flight to Australia.

Olivia Windsor:

So it's safe to say she's done a lot of travel.

Olivia Windsor:

And yeah, now she's been traveling around Europe and in Denmark at the moment.

Katy Clarke:

Okay, Cassandra, you have done a lot of travel too.

Cassie Tresl:

Hi, I'm Cassandra. My daughter is 5 years old and she was born in Prague at the very end of 2020. So the following year we were like in peak Covid. We couldn't travel very far. So we did what we could. Pretty much like local kind of road trips within the Czech Republic or maybe a neighboring country. But we did our first big road trip all the way from Czech, actually down to the Greek island of Kathira, which is, I want to say 2000 kilometers, maybe about 1500 miles long road trip. And she was about six months when we did that.

Cassie Tresl:

And then following that, we actually flew from Prague to Seattle to visit family. So, another really big trip during the first year of her life, I think she visited Italy when she was a year old. That was kind of the first time. But now we live in Italy, so we are very familiar with how things work. Traveling with her now or just visiting, whether it's short day trips or longer trips. So she has a lot of experience what it's like in Italy as a toddler, a young child, now 5 years old, that flew by.

Katy Clarke:

School age?

Cassie Tresl:

I know a school age in September.

Katy Clarke:

That's going to be interesting. It's a whole different era of your life. So, how about that we talk about just our general vibe about traveling in Italy as a family. What's the difference between traveling in Italy compared with traveling in other parts of Europe and the world?

Olivia Windsor:

I love traveling in Italy with a baby because Italians are obsessed with babies and children and they're just so friendly. It's family-oriented. So you feel. I feel really welcome wherever I go with my daughter. If you go into a restaurant as well, like, they just love to feed. That's the way that they show their love. And she's always really well fed, let's say. So even if there's pasta al sugo not on the menu, they'll happily make it for your children.

Olivia Windsor:

So on that side, it's really great. On the other side, though, there can be a few logistic things that I think are challenging. If you're not familiar with traveling in Europe, let me say cobblestones, lack of change tables, you have to get creative sometimes. Also, like the size of your stroller compared to the size of the door. That's not something in Australia or the US that you probably have to navigate.

Katy Clarke:

Yeah, that's true. I love the way that children are revered in Italy. It's so refreshing. I was on a forum this week actually, and I saw an. I think it was an Instagram post or something and someone had said, oh, we need more spaces for adults. And I thought, wow, that's wild actually, because we're spoiled for adults in our society. You can easily, as an adult, if I want to not be around children, that's an easy thing for me to do. But in Italy, it's a totally different experience.

Katy Clarke:

Do you feel the same way, Cassandra?

Cassie Tressl:

Yes, definitely. I have this very distinct memory, actually, when my daughter was a baby and we were driving through a toll booth in Italy and the lady deliberately held up traffic. Like, there are cars behind us. We're trying to get through the toll booth because she was just admiring the baby. She was admiring my daughter in the backseat, like, oohing and ahing and talking to her. And I was like, does she not care that there's traffic just piling up behind us? But that's just. That was a first, very core memory of what people are usually like towards babies in Italy.

Katy Clarke:

It doesn't really change as they get older. We had people at truck stops come and give the kids chocolate bars. Like, we're being like. People would be giving them cake. And I'm like, "no, enough!". But they do love to feed the kids, don't they? And I think it's. That is just such a different vibe to even traveling in Australia and also traveling in the UK or France or anywhere like that. It is completely different.

Katy Clarke:

So I think for someone who's traveled to a lot of places with small children, that Italy is actually one of the easiest places to travel. And so if you're concerned or if you're thinking, I want to do the first international trip, I'll recommend Italy more because it's easy. Plus, of course, you've got pizza, and what kid doesn't love pizza? We've got pasta, and they'll always make you pasta pomodoro. So they always make you a very simple pasta and you've got gelato. What else do you need exactly? Your parental art.

Olivia Windsor:

Yeah, it's so true.

Cassie Tressl:

On that note, at restaurants, not only will they always accommodate something simple or kid-friendly, such as just like red sauce pasta, but they'll actually bring it out first because they know that your child is hungry. Probably you don't want to have them just sit there and wait for all the courses. So many times we've been seated and they'll bring out the kids food first. Just they're not waiting around.

Katy Clarke:

Yeah, that is the best. And then they may even entertain them a little bit. Like they'll talk to them and play with them a little bit. So, yeah, it's more of a family-friendly experience. Not just related to kids, but yeah, having that family-friendly experience, it's delightful. Okay, so what are some of your tips about traveling with babies? You both had that? I can't really. I'm a bit beyond that phase. I think your brain goes into shutdown once you've reached a certain age, you're like, that's done.

Katy Clarke:

I'm finished. But you are in the thick of it, Liv, and you've just been through it. Cassandra. So what are some tips around traveling with babies in Italy?

Olivia Windsor:

I would say my number one is get comfortable with the baby carrier. So that is just so easy. In sometimes museums and some places, you can't always take your pram and you might need to leave it in, like the cloak room or something like that. And then you're kind of left just holding the baby. So get a really good baby carrier, and then it's just really easy. Especially if you're in places like Rome, too. Think of all the cobblestones and pushing the pram around. I will say as well, like, maybe controversial, but the YOYO stroller, I'm not about that.

Olivia Windsor:

In Italy, sorry, but I do not rate that. Tiny wheels. It's just. No, it's just so. No. Yeah, you've got to weigh up what's right for you. But I. I've got the Bugaboo and it's got big wheels, and that tackles Rome's holes in the ground, cobblestones, uneven pavement really nicely.

Olivia Windsor:

So I would say personally, leave that YOYO at home and just check your pram into the plane. Another thing I would also say that I mentioned briefly before - changing tables. So if a new venue opens in Italy, by law, they need to have a change table, but that's just if they're brand new. So if they're not brand new, they won't necessarily have a change table or they'll be down like 1,000 steps. And you can just imagine how fun that is taking your little baby down like a spiral staircase downstairs. So what we would do was just easier. When we had the bassinet part of our pram, we would line it with a towel and we would change her nappies in that. It was just much easier because, yeah, a lot of places don't have change tables.

Olivia Windsor:

I would highly recommend. And yeah, bring a really good nappy bag or diaper bag, I guess in the US you might say with an inbuilt changing table that you can even change them in a park or something like that. And then just baby specific, if you are breastfeeding as well, Italy is very breastfeeding friendly, so you don't need to be nervous about breastfeeding in public if that's what you want to do. Obviously, with bottles, that's fine too. So, yeah, you can do that absolutely anywhere.

Katy Clarke:

Yeah, I'm getting a bit triggered by that stroller conversation.

Olivia Windsor:

Can you imagine having a stroller? Oh, my gosh, I cannot speak to twins.

Katy Clarke:

Like the McLaren side by side. Oh my gosh.. it was... urgh, anyway, I'll leave it there.

Olivia Windsor:

Yeah, just on the pram thing as well, though. One thing to consider. Even though I say no to the yo, yo, just have a think about where your accommodation is and how big that elevator is, because your pram might potentially not fit in the elevator and you might need to fold it up. And I would not be leaving my pram downstairs in the Airbnb lobby or anything - like, take it inside with you. It may get taken otherwise. So just think about that. And also the size of the door.

Olivia Windsor:

When we went back to Rome recently, the stroller would not fit unless it was folded up through the door. So just think about that as well. These are things that you don't have to think about in Australia or the US.

Katy Clarke:

You can become a little bit of a ninja in just squashing things up. Yeah. Any insights from you, Cassandra?

Cassie Tresl:

The one thing I do remember when she was a baby is - so I breastfed for about six months, and then we did switch to a bottle. It became inconvenient a little bit, traveling with having to put together formula and milk and stuff like that, or water. But I do remember, actually, the one time I decided not to be shy and just ask a restaurant or even at the bar in Italy, and they were so accommodating. So every time we had to just get that situated, I just popped into a bar restaurant. Didn't even really have to be a patron of the restaurant or anything if it was, like an emergency. And everyone was always willing to help, which was just really nice. And this even happened in big cities.

Cassie Tresl:

So even places like touristy places like Rome, where the service isn't always the best or the friendliest, people were still always willing to help when they saw that you have a baby. And I don't know, it's just this common ground that exists in Italy among everyone for some reason, which I'm very thankful for. But somehow it's just automatic in their brains that they're like, yeah, I'm gonna help this person out. They have a baby, maybe I know what it's like, or have been around children. That was actually another thing. Even a teenage boy, for example, where I grew up in the US, I don't think any teenage boy, if I handed them a baby, they would be like, what am I supposed to do with this? I don't even know how to hold this. However, in Italy, for some reason, even a teenage boy knows how to interact with a baby.

Cassie Tresl:

And it, to me, it was just like, I wasn't used to seeing that. So pretty much, obviously it was a generalization, but it holds true for the most part, pretty much everyone in Italy just knows how to interact with a baby. And of course, that's going to make any parent or a new mom just feel a little bit less stressed, a little bit more at ease.

Katy Clarke:

I love it. It's so good. So while we're on the babies, before we move on to toddlers, how about thinking about travel style and thinking about some of the people that we've worked with as clients as well. And I probably have a different travel style to you two, simply because we're coming as a visitor instead of traveling around as family. And so sometimes if you're coming as a visitor, you really want to see things, but you've got kids in tow and how do you manage it? And so for our family, what I always do is break the day into chunks. So my kids always up really early, so we were like, okay, let's go out and go for a walk and see everything. Which is really great because there's not as many crowds in the big cities at that time.

Katy Clarke:

And then we'd usually do an activity in the morning that required a bit more brain power concentration. If we're in Rome, it would be a visit to the Colosseum in the morning. And then in the afternoon, we'd leave it completely free because there's like for naps. And by that stage I'll be needing a nap too. And as they got older, what we would do is if we were staying in the countryside, we would get a place with a pool and it going between May and October. In Italy, the pool is your friend, you need a pool. And I cannot stress that enough. It's going to make your whole trip so much better.

Katy Clarke:

Unfortunately, in the big cities there's not so many pools, but that's why you probably need to get out in the countryside as well. Any thoughts around structuring days and things like that, people?

Cassie Tressl:

One thing that I like to talk about at the early part of the conversation when I do trip consultations with families is about compromise. So some parents don't think about what it's actually going to be like, for example, to go to the Vatican museums with a young child, until they start talking about what it's really like - then they start to understand that maybe that's not the best option. And it's maybe not this time around. Maybe you can go back when the kids are older. So, having to have more of a realistic idea of what it's going to be like during the consultations, once we can give you more of a realistic idea and paint a picture, then parents need to compromise a tiny bit.

Katy Clarke:

Yeah. And actually, that's a really great example because we only took our kids to the Vatican museums last year when they were 12 years old because I just didn't think they could handle it. It's a minimum of a three-hour expedition depending on when you go. It's very crowded. And yeah, we had an amazing guide and for anyone that's looking for a guide or a company that does tours, LivTours is fantastic. They do specific family-led tours and this guide we had, she leaned right into my son's interest in Egyptology, which you can go into the Egypt Room in the Vatican Museum. So that was really cool. Yeah, fantastic.

Katy Clarke:

And you can get a discount, actually, if you're booking with them with code 'UNTOLDITALY'. We'll put that in the show notes. But definitely, if you're going to these big sites, it's really worth getting a guide because not only can they tailor the tour around the kids, but it gives you the opportunity to enjoy the experience yourself. So you're going this far and you're giving these kids this amazing experience, but it's also for you too, as parents. And I think people will sometimes say to me, oh, they'll never remember, you know what, they don't remember specifics, but they remember the vibe. I can't stress this enough. Soak up everything. And I would say my kids are very... they don't think they're patient, but they're more patient - they're used to waiting in lines.

Katy Clarke:

An amazing experience for them. I think I'm preaching to the choir with you because we're all big travelers and we're all really believing it. But yeah, it's one thing that I'll never, ever regret doing is going on trips with the kids. So. Yeah, yeah, yeah. All right. Shall we talk about the toddlers? The toddler age, when we've got the toddlers in tow.

Katy Clarke:

Love the toddlers. Cassandra.

Cassie Tressl:

Yeah, so I'm a little bit over the hump. Thankfully, she's starting school in September, but we still have our moments. The toddler age is when they're temperamental. We all know that they have tantrums, can't really express themselves. So this is the phase where parents are going to be most self-aware of. Like, how do I not annoy every single person around me. Right. How do I keep this a little bit in control? On one side, Italians are very patient and they're accepting because they just understand kids are being kids, not necessarily something happened or you're not a bad parent or the kid's not behaving badly, they're just - they're three or four, it's just going to happen.

Cassie Tressl:

And Italians understand that. But on the other side, you also want to make sure that you're setting them up for success, right? So one thing that I particularly seek out when we travel is restaurants. I always want it to be in an area where it's ideally in a piazza or there's a garden or some kind of park just right nearby. Because, yes, she's going to eat, but then go! Go off and go run around. Children are going to have a lot of energy at that age.

Cassie Tressl:

They want to keep moving, touching things, just. It's impossible or not realistic, especially in Italy, where a lunch can last three hours, it's not always realistic to have them just sit there for that whole three hours. So the more you can find a restaurant that's in a public space where there's no car traffic, that you can still keep an eye on them, but they're not just tied to the chair. That is absolutely ideal. And luckily in Italy, there's no shortage of those types of places. The same actually goes for accommodation. I remember we found this perfect

apartment in Venice one time and a lot of people might not know that there's a ton of little piazzas in Venice.

Cassie Tressl:

It's not just St. Mark's Square. So when you open the door, you don't have to worry about them just falling into the canal and they can just run around that piazza in the morning. I love that. Well, Venice, yeah. People don't think about it, but there's no guardrails or anything, so it can be a little dangerous with toddlers. But when you're not situated right on the water and instead find somewhere in a more hidden piazza, that's absolutely ideal. Yeah, yeah, yeah.

Katy Clarke:

Venice is a good one. I think it's these pros and cons because I just love going up and down that Grand Canal on the Vaporetto. It's like the best entertainment. They're going, "oh, look at the trash, the rubbish truck", or "look at the fire engine boat". It's so interesting. And we need to be prepared for walk.

Cassie Tressl:

Yes. The complete opposite style of a trip to Venice is like staying somewhere in an agriturismo, wherever that may be, in the countryside of Italy. And animals in general are like the easiest form of entertainment for a toddler. Also, for myself, especially for small kids. And then when they're at this age where they can actually be hands-on and interactive, it's so fun to stay somewhere at a farm state and then the person will just be like, hey, to the kid, do you want to go help me collect the eggs from the chickens? Or something like that. And that's such an easy way just to get them involved and their energy is focused towards something they're helping. Toddlers love to help. So yeah, agriturismos most to me are like the easiest win when choosing where to stay with kids.

Katy Clarke:

So easy. Also, you get your breakfast there and let's be real here, an agro breakfast is up there with my kids' favorite meal of all time. There's 12 different types of cake. You have to just let it all grow. People just lean into it. You'll be doing a lot of running around, but they love it. You get all the different bread, cake, cereal, you name it, you're getting it and they're fueled up for the day and ready to go.

Cassie Tressl:

Very true.

Olivia Windsor:

I would say as well, when you're staying in cities with kids to have a think about staying near a park. I was helping an Australian family earlier this year who were coming to Italy and they were staying in Rome and they were describing their son very active, like a lot of energy to burn. And so we worked out that it would be great for them to stay near Villa Borghese so they could really just run. He could run every morning and every afternoon through the gardens and just have a bit of light from that high-intensity traffic of tourists and cars. And

Rome, you need to be very careful crossing the road with little children. So yeah, definitely. Playgrounds and parks are your friend in big Italian cities.

Cassie Tressl:

Quick note on playgrounds, the Dolomites in northern Italy in general, it's unreal. So I wish that they extended everywhere across Italy. But the ones in the Dolomites, in particular really, are amazing.

Katy Clarke:

Yeah, excellent. That's a good point. What about getting around? So we have always done a mixture of train and car and private driver. And I think it really depends on the type of trip that you're having and where you're going. But the train's really easy with kids, actually. People will help you as well get on and off the train. That's another amazing thing that sort of, you know, when you go into a mild panic trying to get your suitcases and kids up onto a train platform in a short amount of time.

Katy Clarke:

But there's always someone that's going to help you. I've never had a situation where I've been struggling on my own.

Cassie Tressl:

Yeah, I agree.

Olivia Windsor:

I think. I think trains are really good with little kids. Actually, one important thing that you might not think about if you need to get a taxi when you're in Rome or anywhere in Italy, they will not have baby car seats. The way that locals do it is if you want one, you BYO. So I would not recommend doing that because you can imagine how heavy they are to cart around and then what do you do when you get out of the taxi? So consider that. And if you're coming from the airport, I think you might want to look into booking a private driver because then you can, with someone like Welcome Pickups, you can pre-arrange to have the baby car seat or the toddler car seat in the car. And if you're going to hire a car, then obviously you need to organise that in advance to make sure that they have a car seat, a baby car seat.

Olivia Windsor:

You might want to consider bringing, it's really easy to just throw in your suitcase, especially if you're traveling in the summer - a sunshade for that back window as well, because it is really hot in Italy over the summer. Yeah, that would help with just sun beating down.

Katy Clarke:

Oh, that's a good one. That's a good one. Did you know that the children need a booster seat until age 12?

Olivia Windsor:

Yes. My Italian husband always tells me about how his mother insisted that he sit in the seat and he was very embarrassed about that at even 12 years old. But it is the law.

Katy Clarke:

My kids were just like mutiny, complete and utter mutiny. So we actually had these like inflatable ones when they were - as they got older. Yeah. So they're taller than me now. So I don't know. Do I need one?

Olivia Windsor:

Yeah, me and you.

Katy Clarke:

So I don't know. But yeah, I found that really interesting. But yeah, it's worthwhile looking into all of these rules and I think sometimes it's best to bring some of that stuff with you because it might not be the standard that you're used to. Let's just say, if you're getting it from a rental car company.

Cassie Tressl:

Definitely.

Katy Clarke:

Yeah. And most airlines, if you're going on maybe more of a premium airline, then it's all included. You don't need to pay any extra for kids' stuff anyway, so you might as well just do it and make things easier, less stressful for yourself. Yeah. And what about - I think with kids, the car is really useful because you do have more flexibility and you can get out into the countryside. Yeah, I would recommend. And people do feel nervous about driving in Italy, but my husband and I drove and I have driven many times with the kids.

Katy Clarke:

At one time, when we used to live in the UK, we drove down from the UK to Italy in our British car, which has got the steering wheel on the wrong side, and we would be driving around with that sounds a bit crazy. I think it was really good to have the car because it just gave us a lot more flexibility. And I think the kids really enjoy the countryside. The younger ones, there's a lot more to experience there.

Olivia Windsor:

Yeah, yeah.

Cassie Tressl:

And we talk about, we talk about the countryside, but equally, I would say the beach. So coastal destinations is your trip. If you're okay with kind of just relaxing a lot of the time, people can travel and plan, like, these beach trips to Italy without having to bring anything but your swimsuit, right. We have the Italian Lido experience, which is absolutely ideal for

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kids. Even as someone who lives here, like, I enjoy a good Lido because it's, as a mom, so much less stressful to not have to worry about bringing absolutely everything from the house. So just being able to rent an umbrella, beach chairs.

Cassie Tresl:

The kids, I don't know, toddlers, to me, I think, love the beach lounge chair because they feel like they're an adult, like tanning in the sun. So, yeah, the water - the beach, if your kid likes the water, then I think that could be equally as accommodating as, like, a trip to the countryside, especially for toddlers.

Katy Clarke:

Yeah, 100%. Even the teenagers. My teenage nephews absolutely love the Lido or the beach club, and they're ordering their drinks and lounging. But it's actually interesting there because they will usually have a lifeguard person that's guarding the pool. Now, this is quite funny for Australians. So most Australians are quite strong swimmers. And this is the Mediterranean. So it's a sea, it's not an ocean. So we're used to.

Olivia Windsor:

Big waves.

Katy Clarke:

When he used to ocean water. And I'll never forget this, where the kids were in the sea down on the coast in Campania, and the guard was like, "no, no, get out". And we had to explain that they know how to surf and they're like, they don't. Like, we need. But actually, like, half an hour later, another lady went in the sea and she obviously couldn't swim and she was in trouble. Just to be aware on that. And on pools, it's interesting in Australia, and I'm not sure about the U.S. but if you have a pool, it needs to have a really strong fence around it, but they don't have that in Italy.

Katy Clarke:

If you go to an Agriturismo or Masseria or something like that, the pool will be open. There won't be any fencing or gate around it. So just to be aware of that. And you have to be obviously looking out for the kids. Yeah, Right. So we've covered a lot of ground here. Is there anything that we've missed?

Katy Clarke:

I think, like I said, as kids get older, it becomes a little bit. What I like to do actually, is let them choose where to go. And Lucy and Zac have actually been on this podcast talking about some of the places that they love. Zac's got his place that he always wants to go back to, which is in Emilia Romagna, just for the tortellini and the balsamic vinegar to Acetaia Sereni for that. And Lucy, she loves a bit of fashion, so she likes Florence and she loved the mountains and she loves the spas as well. So getting them involved makes them more invested in the trip. So they're not going "Oh, it's just really boring". And I think really asking

them what they like to do or if they're in real teenager mood and they're not prepared to share, looking at their interests, there's something for everyone in Italy.

Katy Clarke:

You can find something and make it exciting.

Olivia Windsor:

Totally. I would just say a couple of just practical things. Italy does sell nappies, diapers and wipes. So yes, bring enough for the plane, but you don't need to bring two weeks' worth. You can get them in supermarkets, the pharmacy, et cetera. And if you are traveling in the summer, just consider it gets really hot. So keeping them in the shade all day, but also the over the hottest times of the day, maybe being back in your accommodation. And mosquitoes too, are a really big one and you don't want to be probably spraying like DEET on a little baby.

Olivia Windsor:

So you can buy these bracelets from the pharmacies in Italy and put them around their pram to ward off the mosquitoes as well.

Katy Clarke:

Good one.

Cassie Tressl:

Yeah, Katy, to your point, if your kids are old enough where you can have a reasonable conversation with them and just ask them, what do you want out of this trip? I feel like even younger kids below 10, maybe between 7 and 10, can still give you a solid answer, then that's absolutely ideal because we want to satisfy the whole family, right? I just had a trip consultation where they're going to Venice and she was worried - the mother was worried that we're just going to do this classic Venice itinerary. The girls, her 12 and 14-year-olds might not be completely interested in what the classic itinerary might look like and we figured out some pretty niche activities that the girls would be interested in, something they can get hands-on with and that they can themselves be excited about.

Cassie Tressl:

So you have kids, ask them. Let them get involved, like you said. I think that everyone will be happy. If the kids are happy, they're happy, everyone's happy. Yeah.

Katy Clarke:

Don't be scared to use gelato as a bribe. This is my superpower. Right. They can have more than one gelato in a day. It's fine. They're going to sweat it off. They're going to run it off. You're doing 20,000 steps.

Katy Clarke:

Let's be generous with our gelato and you can make a game out of it. What's your favorite flavor? And my son, he wanted to do the Rome pasta challenge last time he was there, which

is trying all the different Roman pastas. So you can make little games with everything. Another one is looking at the fountain, especially with little kids, because the fountains have so many animals and cool things for them to look at. We did one tour and the kids were running around Rome with a clipboard. There's nothing like a toddler with a clipboard. It's such a delight to travel in Italy. And yeah, Liva, also, before I forget, you also mentioned pharmacies.

Katy Clarke:

They are your friend. They have everything.

Olivia Windsor:

Yeah, they really do.

Cassie Tressl:

They do.

Olivia Windsor:

They really do. Yeah.

Katy Clarke:

This has been a really fun chat. I think we all really just love traveling with kids and as we mentioned, it is easy in Italy and you can have just such a wonderful time and really encourage anyone. Another way that you can do it is also, and if you want to have a little break, parents, bring the grandparents along.

Olivia Windsor:

Yes, 100% grandparents.

Katy Clarke:

Bring the grandparents along. Make it multi-generational, and then you can take turns minding the kids and going out for dinner or what have you. Although I did actually notice that toddler time and grandparent time for naps was very similar, so...

Olivia Windsor:

That's true.

Katy Clarke:

Well deserved. So thank you to both of you for joining me and let's hope many families have the same experience as we have traveling in Italy.

Olivia Windsor:

Thanks for having us, Katy.

Cassie Tresl:  
Thanks for having us.

Katy Clarke:  
Ciao,

Olivia Windsor:  
Ciao.

Cassie Tresl:  
Ciao. Ciao.

Katy Clarke:  
Something Cassandra said today has stayed with me. When she sits down with families for trip consultations, one of the first things she works out and works through with them is compromise. Not because Italy is hard, but because once you start painting a realistic picture of what it is like to take a four-year-old through the Vatican museums, you realise that the trip that you thought you were supposed to have and the trip your family will love might be two different things. Getting that right before you go is where we come in. If you are planning a family trip to Italy and you want expert help shaping it around your kids, your travel style and what will actually work for everyone, our trip planning services are built for exactly that. You can do a quick fix chat if you just have a few specific questions that you need answered fast or a full trip consultation if you want someone to help you build the full plan. All the details, along with the links and recommendations for today, are in the episode show notes at [untolditaly.com/331](https://untolditaly.com/331).

Katy Clarke:  
Thank you to Olivia and Cassandra for a conversation I thoroughly enjoyed and to you all for being here next time. We are counting down to your trip and letting you know all the things to check and do before you get on the plane. So if you like what I'm sharing here, make sure to subscribe so you don't miss a thing. We post weekly, sharing our insights and everything you need to know about traveling in Italy, the Untold Way, far from the crowds and with slow travel principles in mind. Ciao for now.