

# TRAVELLING WITH CHILDREN

With soft white sand and gentle waves, Paradise Cove is a natural adventure playground for children and is one of the most family-friendly resorts in Fiji. The locals famously adore children and have smiles and hugs for all little guests.

## What to Pack

All children need a hat, sunscreen, insect repellent, rain jackets and some warmer clothes for the evening during the Winter months.

We recommend bringing along any beach toys, floaties and blow-up sports balls, which can be pumped up at the Dive Shop. There are some toys available but we also recommend bringing any extras (as they are very popular).

Don't forget, kids and babies require passports too!

## Babies and Toddlers

For babies and toddlers, a baby carrier is a good option at the resort and if you plan on doing some hiking. Prams are not practical as pathways are sandy.

Baby care items such as nappies are available at the office or can be ordered for you from the mainland for delivery the next day. We recommend bringing any baby formula or favourite baby food.

We have cots available that can be arranged before or when you get there.

## Transport and Transfers

If you have organised a car or taxi, they can provide baby seats if arranged in advance. Babies and small children will be expected to sit on your lap for local buses and seaplanes.

If you are getting the boat transfer to/from the island, you may like to visit the supermarket and pharmacy nearby to get supplies, playing cards snacks or drinks for the journey.

## Babysitting

Leave the children for a few hours to be cared for by one of the wonderful local babysitters. There is a minimum of two hours and they will need a couple of hours notice.

## Snacks

Feel free to bring any snacks to keep in your room. Snacks can also be purchased from the bar.

## Teens' Tent

Our fun hangout area for teens will keep our young guests entertained with foosball, playstation, movies and more!

## The Children's Meal Plan

We have a kid-pleasing menu for the young ones that offers the favourites as well as healthy and fresh items. It's worth encouraging them to try local specialties. Feel free to speak to the staff should you require something different for your children. Help us by letting the team know what you need.

To keep those tummies from grumbling, each night there is an early supervised Kids' Club dinner.

## Crooked Coconut Kids' Club

For children 3 years or older, Kids' Club is available year round. Children under this age are welcome to join but will require a parent or baby sitter present. During the day there are lots of supervised activities, such as cooking lessons, face painting, crab and treasure hunts, snorkelling adventures, story telling, coconut husking, nature walks, Fijian language games, painting, sand castle building and hair braiding.

The Kids' Club operates from 10am until 12.30pm, 2pm until 5pm and then it's off to the Kids' Club hut until 9pm for games and movies.

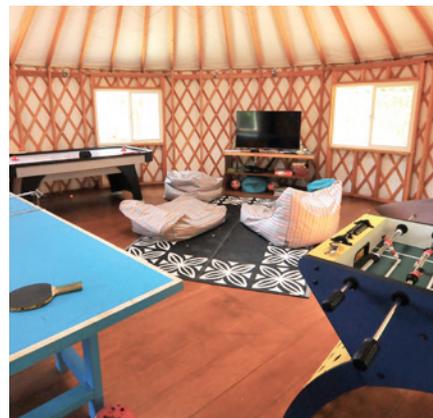
## Water Activities

Children will love the beach, which features safe swimming, awesome snorkeling, friendly fish, fun crabs and beautiful shells to play with. Older kids, 8-10 years old wishing to explore the colourful water world can go snorkeling or take the Bubble Makers pool session course. Good swimmers aged 10 and up can enroll in a Junior PADI Open Water Dive course.

## Visiting the Village

To give your children a fascinating and cultural experience, take them to the local village to immerse in the traditional and relaxed Fijian way of life. They will be enthusiastically welcomed by the village children to play and will be well looked after.

If you would like to bring any gifts, clothing, books, sports equipment and shoes are always welcomed.



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