

Between the Tides Festival: Guide for Bringing Little Ones

Festivals are brilliant – they're fun, and exciting, and you can make happy memories there that last a lifetime.

But... between running out of wet wipes to getting ice-cream EVERYWHERE, we know only too well how challenging it can be to take little ones on big days out. So, we've put together a guide to try and make the whole festival experience as simple, straightforward, and stress-free as possible.

What should we bring our little ones to see, or take part in?

Everything that's on at the festival can be found [here](#):
Most events are suitable for all, but a couple are aimed at younger children, so check the programme for details. We recommend you having a look through it in advance to see what you & your little ones might like to go to.

Naptime is very important... How long does this thing last?

All the events are relaxed so you can drop in and out to fit around naptimes.

There's loads we want to see, can we fit it all in?

We all know that children and young people move at their own speed. To help you figure out how you'll get between festival sites, we've estimated how long it will take to "toddle" between them;

Tuned In - High Street; Approx 20 mins
Tuned In - Library; Approx 15 mins
High Street - Library: Approx 10 mins

Please bear in mind that this is just an estimate.

There is lots of things happening all over the festival – so you might discover something brilliant on the way to your next destination...

Our toddler needs to go to the bathroom, NOW, where are they?

There are lots of public bathrooms, with changing facilities, at Tuned In! and Redcar Library and public toilets in the High Street.

Our little ones are a little bit picky about food – what is available?

All of the brilliant food traders that are part of the festival will have offers for families and children. And Redcar is home to some fantastic independent cafes and restaurants too. You'll be spoiled for choice!

Finally, here are some general bits of advice, for any adult bringing children and young people to a festival

1. Check the festival schedule: Find out what events or activities are suitable for your child's age group and interests. This will help you plan the day and avoid disappointment.

2. Bring supplies: Pack a bag with things like sunscreen, snacks, water, extra clothes, and nappies (if applicable). You may also want to bring a buggy, or baby carrier for younger children.
3. Keep an eye on your child: Festivals can be crowded and hectic, so it's important to always keep a close eye on your child. Consider using a wristband or other identification in case you get separated. Teach your child to look for staff or police officers if they need help.
4. Follow safety rules: Review any safety rules or guidelines with your child before going to the festival. Talk about staying with a parent or caregiver, not accepting food or drinks from strangers, and other safety tips.
5. Have fun: Festivals are a great way to make memories with your child. Take photos, try new foods, and enjoy the activities together!