

# PARIS: TRAVEL TIPS



## PREPARING FOR YOUR FAMILY TRIP TO PARIS!

By Zoë Petit, The Petit Guide

# Paris is right around the corner – YAY!



This checklist and guide will help you ensure all your bases are covered, both before and during your vacation.

It has everything you need to ensure a great stay in the City of Light as a family, from how to prepare your kids to get the most out of their trip, to packing ideas for each season, and tried and true dining tips!

I hope you have the most amazing time exploring as a family!

Paris with kids is simply \*magic\*.

*Bon Voyage!*

*Zoe*



# — *Pre-Trip Checklist for Parents*



- ☐ **Apps to download in advance:**
  - **CityMapper** is my navigation app of choice - it includes all transportation options, so you can compare price and time. It will also give excellent and real time subway (or *metro* as it's called in Paris) instructions. **Google Maps** works too.
  - **Uber**, or it's local counterparts **G7** and **Bolt**, are also good apps to have on hand. Note that you can request a car seat via the G7 app, or vans for groups of 5 and up via any of the apps.
  - **FlashInvaders** is a fun and interactive game you can use while out and about (fun for both kids and adults!). You can use the app to scan the tile street art that dots the city by the artist Invader. Seriously – this is the best way to keep kids walking happily!
- ☐ **Make photocopies of your passports** – Keep a photo on your phone, and then also a photocopy where you're staying. This will work as proof of age for kids' priced tickets at museums and attractions.
- ☐ **Check your passports** to be sure they are valid and won't expire within 6 weeks of your return date!
- ☐ **Alert your credit card company that you'll be abroad to avoid any bad surprises!** Also activate double authentication on any financial accounts, just in case the worst happens and you lose your phone.
- ☐ **Print or download any museum, monument, train, etc. tickets bought in advance.** Sometimes cell service can be bad at the ticket check point, so it's good to have them pre-downloaded or printed.
- ☐ **Pack a portable phone charger** - batteries go fast between navigating and taking photos!
- ☐ **Consider getting some Apple Airtags and slipping them into your luggage.** This could help airport personnel locate your luggage if needed.
- ☐ **Bring some refillable water bottles from home** – there are green fountains dotting the city with fresh drinking water (some are even sparkling water, like the fountain in the Les Halles Park or along the Seine on the left bank by the Pont Alexandre III! Look for the '*eau pétillante*' button!).



# — *Where to Stay in Paris*

This is such a tricky question to answer, mostly because everyone is going to have different needs and budgets.



In general, there are a few things to keep in mind:

- **Reserve early if possible!** Hotels are much smaller than in the US, and the family rooms go very quickly. Same goes for apartment rentals - the spacious and well-located ones are popular and booked far in advance.
- When looking for a **hotel**, always start on [www.booking.com](https://www.booking.com). This is the most efficient way to get a shortlist of options. There are tons of filters, and you'll be able to find hotels that have availability during your dates for your party size, and have any other 'musts' you need (hello, AC in summer!). Once you narrow down which hotels have rooms that will accommodate your group, head to the hotel's direct website. I personally trust booking directly more than through a 3rd party, AND they will sometimes have much better rates, or other perks, when you book directly.
- For **apartment rentals like AirBnB**, it's the same drill. Set up all your filters, and zero in on what is available in your neighborhoods of choice.

### Which neighborhoods are best for families?

I recommend staying in arrondissements 1-7, anywhere near the river, and with a metro stop or two within walking distance.

My personal favorite neighborhoods are the 5th and 6th arrondissements, near the Luxembourg Gardens, or the 1st arrondissement around the Palais Royal Gardens / Louvre / Tuileries Gardens. Both those areas are very central, with good parks for kids, and plenty of public transportation options.

### Looking to get off the beaten path?

Not finding anything that fits your budget or needs in the city center? No worries, Paris is physically quite small, and using the metro you can easily get around. Here are my favorite spots to stay outside the city center.

- The Batignolles area of Paris in the 17th arrondissement is great for families who are looking for more space or a more laid back vibe, or have an extended stay in Paris. Great food and parks!
- The Montmartre neighborhood in the 18th arrondissement is wonderful for it's village-like charm and artistic vibe. Great for wandering and food!



# — *Some Packing Tips by Season:*

Always check the 10 day forecast right before packing to get a better idea of what to expect, as it could be rainy and cold, or clear blue skies! That said, if you see rain forecasted for every day of your trip, don't fear. It rarely rains for the entire day... and the weather service is often wrong!



No matter the season, over the course of a couple days, you will most likely experience some drizzles or rain. It is always good to dress in layers – and keep a sweater and scarf with you outside summer months.

Wear what you are comfortable in – no need to dress up, at least during the day.

Definitely pack great walking shoes for everyone – this is crucial!

If possible, a rainproof jacket will come in handy, as will an umbrella or two – you don't want to miss out on exploring because you are not prepared for rain.

**SPRING** : Expect temperatures in the 50s – 60s during the day, perhaps a bit chillier at night. A light jacket and sweaters will come in handy, and the temperature can vary greatly over the course of the day. Be prepared for rain!



**SUMMER** : In general in the summer, it will be warm and sunny, in the 80s during the day and 60s during the night. That said, it could be rainy and chilly, or a heat wave could pop up! Even in the summer, the evenings could be chilly.



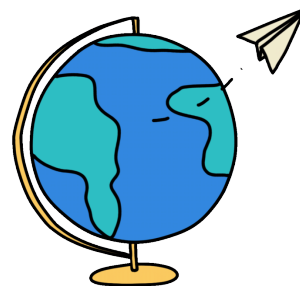
**FALL** : In general in the fall, it will be anywhere from the 40s – 60s during the day, and probably in the 40s at night. Fall can be a bit gray and dreary – bring a coat and layers, and warm shoes.



**WINTER** : The temperatures in winter can hover above 30 degrees up to the 50s... it all just depends! I would count on temperatures in the 40s – so bring a winter coat, sweaters, a scarf and hat, and warm shoes to make sure you can explore all day!



# — *Getting the Kids Excited* — *the Best Part!*



The kids are probably already over the moon to be taking the airplane and going on vacation. But there are some ways of preparing to get them interested in Paris and France specifically, and ensure that your trip makes more of an impact.

One of my favorite ways of doing this is to start learning about the place we're visiting in advance.

For Paris, I recommend the following resources.

**Books -There are tons of kids' books to choose from, and your local library most likely has a nice selection!**

- The Madeleine series by Ludwig Bemelmans
- This is Paris by Miroslav Šašek
- A Lion in Paris by Beatrice Alemagna
- Babar's Museum of Art by Laurent de Brunhoff
- 'Paris Pop Up' book by Dominique Ehrhard



### **Movies**

- Ratatouille
- The Aristocats
- Leap
- The Hunchback of Notre Dame
- Notre Dame: Race Against The Inferno



\*\*\*For adults, consider watching Amelie or Midnight in Paris!

**These are all great ways to get kids acquainted with the city of Paris, and they will be so excited when they recognize monuments and landmarks!**

### — *Paris Vocab*



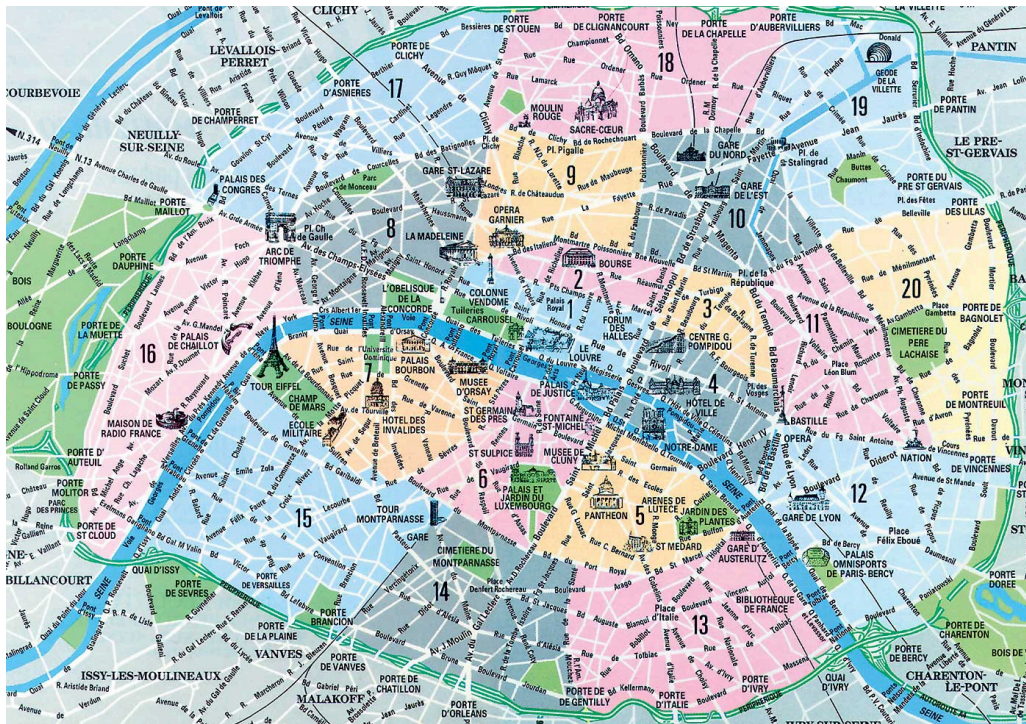
**Here are some key terms for your trip to Paris. The French will surely be charmed when your child exclaims '*Bonjour!*' upon entering shops, or if they can order their favorite crêpe *en français!***

**The Golden Rule in France :** When you walk into a store or business, generally people will expect you to say '*Bonjour, Madame*' or '*Bonjour, Monsieur.*' You can follow up with '*Parlez-vous anglais?*' at which point you can switch to English. Following this simple rule will almost always make your experience much better!

- Bonjour - Hello
- Merci - Thank you
- S'il vous plaît - Please
- Au revoir - Goodbye
- Un, Deux, Trois, Quatre... - One, Two, Three, Four
- Ticket - Ticket, like for a carousel
- Une crêpe au nutella, s'il vous plait. - One nutella crepe, please.
- Deux tickets, s'il vous plaît. - Two (carousel) tickets, please.
- Les toilettes - The bathroom
- Parlez-vous anglais? - Do you speak English?

There are also some fun kids' YouTube channels for learning French!  
[Blabber Beasts](#)  
[The French Minute](#)  
... and many more!

# — *Paris Layout Explained*



Map of the 20 districts, or arrondissements, of Paris

### Getting situated : Tips for describing where you are in Paris!

In Paris there are two ways of situating yourself - the first is by looking at the above map - do you see how there is a big number 1 in the center of the map, and then the numbers that spiral out to number 20? Each of those numbers represents what is called in French an **'arrondissement,'** or administrative district. As you walk around, you can check the blue square signs on street corners - the number on the top corner corresponds to the arrondissement! You can also look at your accommodation's zip code - the last two digits correspond to the arrondissement (for instance 75007 = 7th arrondissement).

The other way to know where you are is to look at the blue curving line on the above map. That is the Seine river, and it flows towards the left of the map. When you look at the way the river is flowing, that makes the part above the Seine river the **'Right Bank,'** and the part below the Seine the **'Left Bank'.**





# — Dining Out as a Family

One of the biggest concerns for families visiting Paris definitely seems to be about eating out at restaurants – and with good reason! The Paris dining scene has plenty of clichés – from pristine white tablecloths to refined multi-course meals that last for hours! While those clichés do ring true some of the time, there are plenty of laid back, family-friendly options out there ... you just need to know how to choose!

Here are some of my tried and true tips for eating out with kiddos in Paris.

- Try to avoid peak hours! Typical French dining hours are 12:30PM for lunch, and starting at 8PM for dinner.
- Bring extra entertainment! – A magic bag of coloring supplies tucked away in a purse will go a long way towards an enjoyable meal. Pack a stash of colored pencils, a few coloring books that only come out at restaurants, and maybe some fun stickers. Some restaurants here will provide a little coloring page, but definitely don't count on it!
- Be flexible about child seating options – High chairs are slowly becoming more common – ask for a '*chaise haute*' and keep your fingers crossed. Otherwise, just pull the stroller up to the table.
- Relax about 'healthy meals.' Pretty much all restaurants will offer a kids' meal. Now, don't get your hopes up for anything fancy, or particularly healthy – despite France's reputation for fostering a love of veggies in little ones, their kids' meals are often devoid of color. The most common kids' meal is a '*steak haché, frites*,' – a grilled hamburger patty with fries. You can always try to exchange the fries for a green veggie on the side. A '*sirop*,' or water flavored with fruit syrup like '*grenadine*' (pomegranate) is usually included with the meal too. Other common meals are chicken nuggets, fried fish, or pasta. Kids' meals are usually between 8 and 12 euros. You can also opt for things on the standard menu like '*croque monsieur*' – warm ham and cheese sandwiches, or omelettes.

Make sure you always have snacks with you so you are not forced to go to the first restaurant you see when hunger strikes! Plus – more excuses to try all the delicacies on the French cookie aisle!



# — *Best Restaurants for Families*

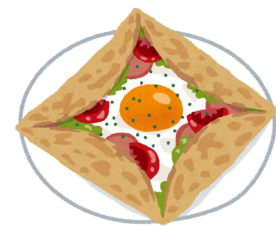
There are generally two types of restaurants for French food. In general, 'bistrot' or 'restaurants' are going to be a bit fancier, and also have set hours from around 12PM-2:30PM, and then 7PM on. These usually require reservations to get a table. It will be easiest to try and avoid this type of restaurant with small kids!



On the other hand, '**cafés**' and '**brasseries**' will provide much easier dining options. These are very common, and offer traditional French cuisine in a no fuss atmosphere! They also often boast **continuous service**. This is a great way for parents to get a nice meal that can even feel a bit fancy, while kiddos get something they love too.



**Crêperies** are also a sure bet with kids - these laidback restaurants offer savoury and sweet versions of this French staple. The prices are reasonable, and the service will be quick!



**Italian restaurants** are also quick and easy - they are plentiful and inexpensive, in addition to offering something for everyone.

If you have adventurous eaters, **Indian, Japanese, and Mediterranean** are also safe bets for a quick and inexpensive meal, and should not need a reservation.

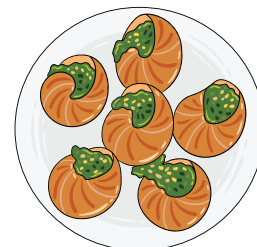
If you want a quick but delicious meal, don't hesitate to pop in to a bakery, or '**boulangerie**' for a sandwich, quiche or salad to eat in a park or where you're staying. OR you could go to a grocery store or hit a variety of specialty shops to buy cheese, bread, and fruit. **There is nothing better than a Parisian picnic with along the banks of the Seine river or in a park!**



### — *French Delicacies to Try!*

Travel is all about pushing boundaries and trying new things! These are some of the most popular French specialities.

- **'Galette complète'** at a crêperie - this is a childhood staple for kids! Get a combination of egg, cheese and ham, or all three together for the '*complète*' version.
- **Crêpes from a street food stand!** These dot the city and are a great pick-me-up for kids (and adults!). Try nutella, or butter and sugar.
- **Croque Monsieur** - this is a hot ham and cheese sandwich with gooey bechemel sauce. Usually a hit with kids!
- **Steak Frites** - the French classic of steak with a side of french fries. You can specify how you want your meat cooked.
- **Moules Frites** - Mussels with a side of french fries. Usually seasonal and available the second half of the year.
- **Soupe à l'Oignon** - French onion soup, a brasserie staple.
- **Steak Tartare** - literally raw ground beef with an egg yolk on top. This is a very classic French summer meal. Not for the faint of heart!
- ...And then of course **escargot** for those who dare!



### — *A few more dining tips...*

For water, you can either ask for bottled (sparkling, or '*pétillante*,' or flat) or **save a few euros and ask for tap water by saying "*un carafe d'eau, s'il vous plait*."**

The tap water in France is good and most locals drink it exclusively.



You will notice restaurant service can be pretty leisurely in France! Note that you almost always have to ask for the check... the waiter will not just bring it! You can ask in French by saying "***L'addition, s'il vous plait***".

### — *Arriving in Paris*

If you are arriving at an airport, you can either

- take an official taxi (just follow the signs to the line. There will be vans or cars depending on your needs), and there are set rates (currently 56 euros to the Right Bank, and 65 to the Left Bank from Charles de Gaulle airport, for instance).
- arrange a car transfer in advance. See options below.
- brave the public transportation and take the RER into Paris (count around 13 euros for a ticket, more [info here for Charles de Gaulle](#)).



If you need a car seat, you could book a transfer with [Baby Cabs](#) or [BT Transfer](#).

If you are arriving by train, you will also find an official taxi station outside the station, or you could take the metro to your accommodations.

### — *Paris Public Transportation*

The public transportation system in Paris and the surrounding cities is wonderful, and what most locals rely on daily to get around.

The network is comprised of 14 metro lines, connected with over 300 stations, plus buses, trams and even a funicular! There is also the RER system, which is like the metro but for longer distances. This is what you can use to get to Versailles, Disneyland Paris and the airports.

The buses are great IF you are not in a rush - otherwise avoid them as they are not very reliable and get stuck in traffic.

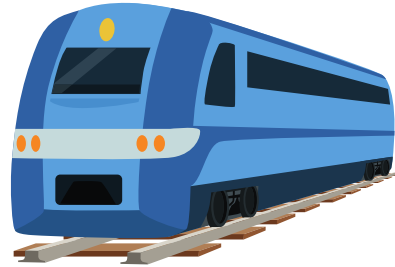
While Paris is very walkable, and you will most likely be able to access a fair amount of attractions by foot, mastering the public transportation will make your life easier while here! See notes below on using the metro system.

### — *Taxis and Ubers*

In general, using cars to get around will be more time consuming because of traffic - budget extra time so you are not late! Note that groups of four and up will need to order vans, which can also add extra time.

# — *Notes on Using the Metro System*

**The metro public transportation system in Paris is wonderful, and the fastest and cheapest way to get around. Mastering it will save you money and time!**



Single tickets are currently 2.50 euros for adults, and 1.25 for kids 4-9 years old, and work throughout the Paris region, including trips to Versailles or Disneyland Paris. **Note that kids 3 and under are free.** You have a couple options on how to handle ticketing.

**Ticketing :** The easiest solution is to go to your nearest metro station and purchase the plastic card called the '**Navigo Easy**.' The cards cost 2 euros, and **each person needs their own**. This solution allows you to upload the number of tickets you need directly on the card.\*\*\*Note that paper tickets are being phased out sometime in 2025, and replaced by tickets on cards or in the app.

Anyone with a mobile phone can purchase tickets OR upload more tickets on their Navigo Easy card via their phone on the **app Île-de-France Mobilités**. A phone can only handle one person's tickets SO this option will not work for kids traveling with their parents.

If you will use public transport a lot, there are day passes for 12 euros, and weekly passes (fixed as Monday-Sunday) for 31.60 euros.

You can use these tickets or cards on the metro, RER (the long distance metro for Disney, Versailles...), and the funicular in Montmartre (note - there are different tickets for the buses and trams). You insert the paper ticket in the turnstile or pass your plastic card over the contactless reader at the metro turnstile or bus entrance. Make sure you keep the ticket on you until you completely exit the metro system.

There can be controls, where you'll need to show your ticket or you will be fined. Sometimes in the RER you will need to use your card at various turnstiles to get the train.

# — *Paris Museums*



### Which museums are best for families?

Sometimes the Louvre and Orsay are just too much for families.

In that case, try these wonderful and more manageable options:

- The **Orangerie Museum** - Houses the Monet 'Water Lilies'; book in advance with a time slot; there is a kids' audioguide available in English
- The **Rodin Museum** - Small museum of Rodin's sculptures with a lovely garden and café; book in advance, but does not require a time slot; there is an audio guide and activity book in English for kids
- The **Atelier des Lumières** - digital art show, also no need to book in advance
- The **Centre Pompidou** - Enormous modern art collection, large enough you usually don't need to book ahead of time; there is a lovely kids' space open most of the time, choose the 'Billet Galerie des enfants + Collection permanente' ticket if you want to access the kids' gallery
- **La Cité des Enfants** - The Children's Science Museum; has English translations; reserve if you plan to go on the weekend or a holiday
- **La Grande Galerie de l'Évolution** - The Evolution Museum; wonderful collection for animal lovers; reserve if you plan to go on the weekend or a holiday

# — *Louvre & Orsay Museum Tips*

Both of these museums will **require reserved tickets**, as they sell out almost everyday! Note that kids under 18 are free (no reservation required for kids at the Orsay, but you will need to reserve free tickets at the Louvre).

### Louvre Museum

- For a hopefully shorter line, enter through the Carrousel entrance, NOT the pyramid. To access the Carrousel entrance - either enter directly from the metro, OR take the staircases on either side of the 'Arc de Triomphe du Carrousel' and follow the signs to the Louvre.
- There are free lockers at the entrance, and some coffee and food spots inside the museum area.



### Orsay Museum

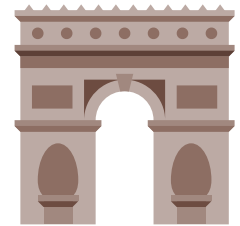
- Ask at the welcome desk for the FREE kids' booklet in English!
- Overly bulky strollers and baby carriers are not allowed, but strollers are available at the coat check in exchange for an ID.
- There is a kids' audio guide available in English.



# — *Paris Monuments*

**These are some of the best monuments to visit as a family!**

- **The Eiffel Tower** - of course! This monument packs a punch with kids. See below for tips on reserving. Keep in mind this will be your most complicated thing to reserve!
- **Arc de Triomphe** - This is a lovely monument to visit if you do not feel like dealing with the complications of the Eiffel Tower. Count on mounting the 284 steps to get to the view! Reserve in advance, under 18 free.
- **The Pantheon** - Here you can visit the crypt to see the tombs of the Curies and Victor Hugo, see Foucault's pendulum, and visit the dome for a wonderful panorama views of Paris (if you're up for climbing 206 steps:)). Ideally book in advance, under 18 free.
- **Versailles Palace** - Count more or less a full day to visit this enormous palace! I tend to avoid this with smaller kids simply because it is a long and overwhelming day. Count one hour to get there, whether by public transportation or taxi. Reserve in advance, under 18 free.
- **The Catacombs** - Teens tend to love this spot! This is an underground 1.5 kilometer walk through piles of bones arranged in designs. Not for the faint of heart or claustrophobic! Reserve seven days in advance.



# — *The Eiffel Tower*

This will without a doubt be your trickiest thing to reserve in Paris!

Do you have to go up the Eiffel Tower? That depends on you (and your kids - they might have surprisingly strong feelings about going up!).



If you decide to go, here are tips on reserving tickets:

- Tickets to the summit or 2nd floor via the elevator - on sale 60 days out at midnight Paris time. More tickets are released 7 days before.
- Tickets to the 2nd floor via stairs - on sale 14 days out (these are easier to reserve).
- Put a reminder in your phone so you don't forget to log on and reserve!
- Plan for the Eiffel Tower towards the beginning of your trip, just in case you cannot get tickets on your first try.

### — *Other Museum Tips*

Most museums require **advance reservations with a pre-booked time slot**. If you do not book in advance, you risk not getting a ticket AND waiting in a long line! See the above exceptions to this rule.

**Museums tend to be closed one day a week, usually on a Monday or Tuesday.**

- Closed Mondays : Orsay Museum, Cité des Enfants Kids' Science Museum, Picasso Museum, Rodin Museum, Versailles Palace, Catacombs
- Closed Tuesdays : Louvre Museum, Orangerie Museum, Pompidou Museum, Galerie Dior, La Grande Galerie de l'Évolution...
- Open everyday : Eiffel Tower, Atelier des Lumieres, Arc de Triomphe, Pantheon...

**If you have older kids, it may be fun to take advantage of the late nights offered at some museums** (Friday evening at the Louvre, Thursday night at the Orsay...) - this is the only time the museums seem less busy!

**On the first Sunday of the month, many museums are free!** This is great BUT be aware there will be crowds. That said, many museums are crowded anyways so it won't really make a difference! Free museums and monuments : The Orsay, Pompidou, Orangerie, Rodin, Louvre, Pantheon, Versailles... You usually need to reserve free tickets.

### — *Tips for a Successful Museum Experience with Kids*

There are some great ways to help kids engage with art in a fun way!

- Bring small sketch pads and colored pencils and let the kids sketch their favorite works of art!
- Some other fun games to play – have the kids mimic the poses of people in statues or paintings. OR have your child choose something they see in the room, and draw it with their finger on your back. You have to correctly guess what they are drawing!
- You could also let kids take pictures of artworks they like – turns out kids love taking photos as much as adults!



## PARKS!

# — Parks!

### When to visit?

**Be aware when planning your visit to French parks that there are specific times the fun stuff is running!**

Your sure bet times to have all the fun activities open (for instance - the little sail boat rental and pony rides at the Luxembourg Gardens) are **Wednesday afternoons** (when kids are off school in France), or on the **weekends**. **Many of the activities don't start til 11AM, so your best bet is planning for the afternoon.** All the fun activities are also open during the Paris school vacations. You could look up the [Paris school holiday schedule](#) online if you are curious.



Note that the tiny sailboat stands close down during the winter (usually from November - March).

\*\*\* When planning your days, keep in mind that the Tuileries Gardens are right outside the Louvre and the Orangerie museums, so try to group those together. The Luxembourg Gardens work well with the Orsay museum, Catacombs or Pantheon.

### Which parks to visit?

Any trip to Paris with kids should include the Luxembourg and Tuileries Gardens - Paris' most famous parks that happen to be full of fun stuff for kids!

**Fun stuff in the Luxembourg and Tuileries Gardens! Remember - the tiny boats and ponies are running Wednesday afternoons and weekends, and on school holidays, from April - November.**

- Luxembourg Gardens - tiny sail boat rental at fountain in the center of the park, pony rides (west of the boat fountain), Ludo Jardin playground (comes up on Google maps, open everyday), carousel (next to the playground, open everyday)
- Tuileries Gardens - tiny sail boat rental at fountain closest to the Louvre, trampolines (across from the Orangerie), a carousel, and a playground (Comes up on Google maps as 'Aire de jeux pour enfants des Tuileries').

### Off the beaten path parks!

- Parc Monceau - this sprawling park circles a pond and is lined with stately architecture. Playgrounds, carousel, pony rides...
- Parc de la Villette - This is Paris' biggest park, and home to the children's science museum, the Cité des Enfants. Don't miss the dragon slide ('Jardin du Dragon'), or the unique playground at the 'Folie des Vents et des Dunes.'

## OTHER TIPS

### — *Payments*

Most places in France accept payment by card (if they ask which currency to make the charge in, always choose the local currency for the best rate!). The main exception is the fun stuff for kids like the little sailboats in Luxembourg and Tuileries Gardens, the carrousels, etc. - keep some cash on you for those!



Tipping is not required, but appreciated, and it is nice to leave a few euros if you were happy with the service. There will not be a spot to add a tip on the bill, so tips are paid in cash. If you don't have any cash, don't worry - no one will be mad if you don't leave anything!

### — *Strollers?*

YES it is fine to bring a stroller to Paris! Just remember that sidewalks are narrow and crowded, so a small and light model will be easiest to maneuver. This is especially important if you plan on using the metro system to get around!



The one neighborhood that is tricky with a stroller is Montmartre, with all of its stairs, but even there you can find a stroller-friendly route, and take the funicular at the base of the Sacré Coeur basilica to get to the top of the hill.

### — *Bathrooms*

This is another tricky aspect of France! Most public spaces (groceries, shops, etc.) do not have bathrooms, and it can be hard to find a public one while out wandering.

I recommend having the kids use the bathroom anytime you are leaving your accommodations, and then before leaving any restaurant, museum etc you are visiting. Sometimes you can find bathrooms in parks, but there is no guarantee on the cleanliness!

Otherwise, go to a café and purchase an espresso at the counter - that will be your 1 euro entrance fee to the bathroom!

## OTHER TIPS

### — *Safety*

Paris is safe in terms of violent crime BUT – like in any big city – always be aware of your surroundings!

Try to keep expensive gear to a minimum, and limit how much cash you are carrying and how many credit cards are in your wallet. For women, try to use cross body bags and keep your purse in your lap while eating.

Mobile phones out on a table are one of the most commonly stolen items in France. Also beware of using your phone in the metro, especially if you are standing next to the doors. It's OK to get it out - just be vigilant!

Leave your passports in a safe at your hotel or hidden at the AirBnB, and carrying a photocopy instead.

Be wary of groups of people walking around with clipboards, trying to get a petition signed, especially around the Eiffel Tower and on the steps up to Sacré Coeur in Montmartre.

When taking the metro with kids, never run to catch a train, and have a plan just in case anyone gets separated! You could say for instance that if the child ends up on the train by themselves, they can get off at the next station and wait.

### — *Medical information*

Hopefully no one gets sick during your vacation \*but\* just in case here are some tips.

In France, pharmacies act like a middle step before going to the doctor. You can go into any of the (many!) pharmacies and explain the symptoms and the pharmacist will likely be able to help you OR recommend seeing a doctor.

If you need to see a doctor, there is a wonderful service called SOS Médecins ([www.sosmedecins.fr/en/](http://www.sosmedecins.fr/en/)) - you can book an online consultation OR request a home visit. The phone number is +33 1 47 07 77 77. Count about 40 euros for the visit (more if it is the night or weekend).

If you need a hospital - Necker (149 Rue de Sèvres, 75015 Paris) is the Paris children's hospital, or there is also the American Hospital of Paris (55 Bd du Château, 92200 Neuilly-sur-Seine) right outside the city limits. Expect long waits! Reserve going to the hospital for an emergency.



### — *Voilà!*

**I hope that you are feeling ready and EXCITED to tackle Paris with your family!**

I would love to hear how it goes, or see photos from your adventures - nothing makes me happier than seeing families out exploring together.

Let's connect!

Instagram : [@the.petit.guide](#)

Facebook : [The Petit Guide](#)

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### — *About The Petit Guide*

Hi! I'm Zoë (Petit:)).

Originally from Texas, I've called Paris home for over 15 years and know the city inside and out. A *maman* of two, I've found great experiences that are fun for both kids and parents alike, and have been sharing my kid-friendly Paris expertise since 2019, through travel planning and fun family tours.



I love the City of Light with kids, and want to make sure you do too!

A bientôt!