



At night, enjoy the lake scenery at the Hyatt Regency.

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LUXURIOUS

Atlantis, Paradise Island, Bahamas

THE KIDS WILL LOVE: Exploring The Dig, a maze of underground aquariums that replicate the mythical lost city of Atlantis; swimming with dolphins; and cruising down six thrilling waterslides. Teens can drop by Club Rush for dancing and video games.

YOU'LL LOVE: Trying your luck in the casino, and taking your winnings to browse around the shops at Marina Village. Or take a day trip across the bridge to Nassau for even more shopping at the straw market and historical tours.

COST: Doubles, in the Beach Tower, \$230; (888) 528-7155 or atlantis.com.

The Gear House, Martha's Vineyard, Massachusetts

THE KIDS WILL LOVE: The adorable mint-green children's bedroom, stocked with kiddie videos and toys, and a vast array of outdoor offerings, including volleyball, bicycle riding, ping-pong, croquet and horseshoes.

YOU'LL LOVE: The rocking chairs on the expansive wraparound porch, and the hammock perfectly positioned under a shady tree in the flower-filled garden, great for a little reading or a quiet nap on a lazy afternoon. Take advantage of the free use of the bed & breakfast's gym equipment and sun-kissed outdoor showers.

COST: A two-bedroom suite (including a separate children's room), a shared bathroom, outdoor showers, continental breakfast, and a Saturday evening barbecue, \$350; (508) 696-5858.

SUPERLUXURIOUS

The Cloister, Sea Island, Georgia

THE KIDS WILL LOVE: The nature walks, arts and crafts, and baking cookies at Camp Cloister. On Friday and Saturday nights, it's dinner and a movie. Rates are \$45 per day.

YOU'LL LOVE: Golf or tennis on world-class surfaces, horseback rides on the beach and formal bingo nights.

Take day trips to neighboring Gullah Islands to learn about the region's rich African-American history, dating back to slavery.

COST: Doubles, with butler on call 24/7, \$875; (800) SEA ISLAND or seaisland.com.

Club Med Punta Cana, Dominican Republic

THE KIDS WILL LOVE: The Petit, Mini and Junior clubs activities, including puppet shows, merengue classes, mini science labs and flying-trapeze lessons. Exclusive to this Club Med is The Ramp, a teens-only lounge, where no adults are allowed.

YOU'LL LOVE: Lounging around the lagoon-style pool, playing water sports, or soaking up some authentic Latin flavor with the local cultural and historical sites in town. Spend evenings under the stars at the open-air nightclub on the beach.

COST: Doubles, facing the garden or coconut grove, \$770; (888) WEB CLUB or clubmed.us.

—DENENE MILLNER □

FINDING COUPLE TIME

We can get so caught up with our children's needs on vacation that we forget to make time for each other. But Gwendolyn G. Grant, Ph.D., relationship expert and mother of three grown children, says family vacations should also be seen as a way of revitalizing the union that started the family. Her tips on fitting in quality time without feeling guilty:

MANAGE YOUR TIME.

"Kids think they're at the center of everything, but you can't let them run the show," Grant says. Plotting out family time will ensure that there are free periods left for you and your partner. She suggests setting a strict bedtime schedule: "In bed by 8:00 P.M. and asleep by 9:00 P.M.—and stick to it."

REMIND THEM THAT YOU'RE ON VACATION, TOO.

It's important for kids to know that Mommy and Daddy also need a break. "Children have to be taught to respect that," Grant says.

BE CREATIVE. Choose environments that allow you to have private time with each other while the kids enjoy their play time. Grant suggests having a romantic lunch in

an open area where you can watch the kids play from afar. For example, eat at a restaurant overlooking the kiddie pool, where your kids can splash away while you and your partner exchange loving glances and engage in conversation.

ENJOY BEING AWAY FROM THE FAMILIAR.

A vacation is supposed to feel



Minimize drama and maximize pleasure.

different from the norm, Grant emphasizes. It's an opportunity for you to see your family and your honey in a different light, away from the day-to-day activities. Use this time to reconnect, so you'll be refreshed and ready to face whatever comes your way once you return home, she says.

—J.G. □