

THE 7220 TRAVEL DISNEYLAND WITH KIDS

A CALMER PLAN FOR LITTLE LEGS, BIG FEELINGS AND FAMILY MEMORIES

The goal is not to make children keep up with Disneyland. The goal is to plan Disneyland at a pace your children can enjoy.

FAMILY PARK GUIDE

THE 7220 TRAVEL APPROACH

Plan the experiences that matter. Leave enough margin in the day for your family to actually enjoy them.

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BEFORE YOU GO

Plan for the Child You Are Actually Bringing

Age, height, stamina, nap habits and sensory tolerance matter more than the itinerary somebody else posted online.

HEIGHT BEFORE HYPE

Measure children before the trip and check current attraction height requirements. Build excitement around what they CAN ride.

FOOD IS FUEL

Pack familiar snacks and use mobile ordering when helpful. Hungry kids make every line feel longer.

STROLLER IS STRATEGY

Even kids who rarely use a stroller at home may benefit from one at Disneyland. Disney currently limits stroller size and does not allow wagons / stroller wagons.

REST IS AN ATTRACTION

A nap, hotel swim, quiet show or shaded snack can protect the entire evening.

FAMILY-FIRST RULE

Do not spend thousands of dollars on a vacation and then treat rest like wasted time.

HEIGHT & RIDER SWITCH

Nobody Has to Miss the Big Ride

Some attractions have minimum heights. Rider Switch can help when a child or another Guest cannot or does not want to ride and cannot wait outside the queue alone.

COMMON MINIMUM	EXAMPLES - VERIFY BEFORE TRAVEL
32 in	Autopia with an accompanying rider 54 in+; Mater's Junkyard Jamboree; Luigi's Rollickin' Roadsters.
35 in	Gadget's Go Coaster.
38 in	Millennium Falcon: Smugglers Run.
40 in	Big Thunder Mountain Railroad, Space Mountain, Tiana's Bayou Adventure, Star Tours, Rise of the Resistance, Guardians of the Galaxy - Mission: BREAKOUT!, Radiator Springs Racers, Soarin' and others.
42 in+	Matterhorn Bobsleds; Goofy's Sky School; Grizzly River Run; some higher-thrill experiences.

Rider Switch in plain English

- Bring the entire group to the attraction entrance and tell the greeting Cast Member you want Rider Switch.
- Party 1 rides while Party 2 waits with the non-rider. Disney currently allows a maximum of 2 Guests in Party 2 for the Rider Switch entitlement.
- When Party 1 returns, eligible Guests in Party 2 use the return process explained by the Cast Member instead of repeating the regular queue.

STROLLERS & BABY CARE

Make the Logistics Boring

Boring logistics are a win. Know where to park the stroller, what Disney allows and where you can reset with a baby or toddler.

NEED	CURRENT DISNEYLAND GUIDANCE
Stroller size	Personal strollers larger than 31 in wide x 52 in long are not permitted. Wagons and stroller wagons are not permitted.
Baby Care Center - Disneyland	Located at the end of Main Street, U.S.A., next to First Aid.
Baby Care Center - DCA	Located in San Fransokyo Square, across from The Bakery Tour / near Ghirardelli.
Baby Care Center amenities	Nursing space, changing tables, toddler toilets, highchairs, sink, bottle warmers / microwave for certain uses, and vending for select baby supplies.
Changing stations	Available in most Disneyland Resort restrooms.

STROLLER TIP

Use a simple visual marker on your stroller. Cast Members may move parked strollers for operational reasons, so do not assume it will be in the exact spot you left it.

A KID-FRIENDLY DAY

Use Energy Windows, Not Just Wait Times

Children often do best when the day alternates stimulation and recovery. Think in energy blocks.

BLOCK	WHAT IT CAN LOOK LIKE
Morning energy	2-3 priority attractions while everyone is fresh. Keep breakfast and bathroom needs in the plan.
Late-morning reset	Snack, character, slower attraction, show or a sit-down moment before the first crash.
Midday	Lunch plus hotel nap / pool / quiet time when needed. If staying in the park, choose shade, indoor attractions and slower experiences.
Late afternoon	Return for favorites, Lightning Lane selections, characters or family attractions.
Evening	Choose ONE major nighttime goal. If the child is done, the plan is done.

A GOOD EXIT

Leaving before a meltdown is not “missing out.” It is protecting tomorrow.

WHEN THE DAY GOES SIDEWAYS

Sick Kids, Overload & Meltdowns

Disneyland is loud, bright, crowded and exciting. Even children who love it can hit a wall. Plan a response before you need one.

IF A CHILD FEELS SICK

Stop the itinerary. Hydrate, cool down, assess symptoms and use First Aid / appropriate medical care as needed. Do not force the park plan because reservations cost money.

IF SENSORY OVERLOAD HITS

Reduce input: quieter area, headphones, familiar calming item, snack, shaded break or return to the hotel.

IF SIBLINGS SPLIT ON RIDES

Use Rider Switch, divide for one attraction, then reconnect for a shared experience. A family vacation does not require the family to be physically together every minute.

IF EVERYBODY IS ARGUING

The problem is usually not the next attraction. Food, water, fatigue, heat and decision overload are often the real issue.

- Disney recommends calming items such as a favorite device, activity or sensory toy for Guests who may need help while waiting in queues.
- First Aid and Baby Care Centers can become useful “reset points,” especially with younger children.

FAMILY CHECKLIST

Set Your Kid Plan Before the Trip

- ☐ Child #1 height: _____ in Top 3 rides: _____
- ☐ Child #2 height: _____ in Top 3 rides: _____
- ☐ Stroller plan: Bring / Rent / None
- ☐ Normal nap / quiet time: _____
- ☐ Familiar snacks packed: _____
- ☐ Sensory / calming items: _____
- ☐ Rider Switch likely needed for: _____
- ☐ Our family "we are done for today" signal: _____
- ☐ One character / non-ride experience each child wants: _____
- ☐ Our hotel / midday reset plan: _____

READY TO MAKE DISNEYLAND YOURS?

A good Disneyland plan should feel personal, realistic and easier than doing all the research alone. 7220 Travel can help you match the hotel, tickets, park days and priorities to your family.

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Planning sources

Disneyland Resort Rider Switch page - current eligibility and use process.

Disneyland Resort height-requirement FAQ - current attraction minimums.

Disneyland Resort stroller FAQ and Park Rules - current stroller dimensions and prohibited wagons / stroller wagons.

Disneyland Resort Baby Care Centers page - locations and current amenities.

Disneyland Resort attraction queue accessibility guidance - calming-item and queue-planning suggestions.

Planning details verified September 11, 2026. Disney policies, operating hours, attraction availability and pricing can change. Confirm trip-specific details in the official Disneyland app and website before travel.

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