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There's one thing for sure - kids aren't daft. They love visiting a quality 4 star hotel as much as their mums and dads - and probably for many similar reasons.

They love the attention lavished on them from the hotel staff and the fact that they think they're being treated with more respect than mum and dad could ever give them! And whilst there's every chance they're waited on hand and foot at home, it's a real eye opener to visit a luxury hotel and see how it really should be done.

Lots of hotels will provide gifts to keep younger guests happy and make them feel extra welcome. These can range from bags of sweets on the pillow, to cookies at bedtime or activity sets with competitions and prizes on offer. They're a sure way of bringing a smile to their faces and making sure your children remember their hotel stay for a long time to come.

During your holiday your little ones will no doubt beg you - repeatedly and maybe very loudly - to go to the swimming pool with them. And then no doubt they'll be asking to visit the Spa - and the tennis courts. Some hotels even have designated swim times for children.

This generally seems to be an acceptable arrangement for parents and children alike! With too few hours in the day to have a go at all the available activities, your kids will no doubt sleep well - tired and happy, know that their in for even more fun the next day. What you've got to ask yourself is - will you be able to stand the pace?

If you choose a hotel that specifically caters for kids, there will probably be activities and opportunities for all sorts of entertainment. There may be a children's gym, crèche, activity club or designated games room. They'll be able to make new friends and get together with other children the same age to socialise and play sports. In fact, you might see so little of them that you forget you've brought them along with you in the first place!

And we mustn't forget breakfast every morning. There's nothing more certain to get your little ones (and you) out of bed with a spring in their (and your) step than the promise of endless fruit juice and the smell of bacon, egg and all the trimmings. And they'll no doubt quickly notice how relaxed mum and dad are - with no cooking or washing up to do.

Of course there's also the guest room. After a hectic day the kids can lie back and wallow in style on crisp clean sheets and a comfy bed, remote control in hand. And they're totally safe in the knowledge that mum and dad are having a civilised drink in the bar downstairs and have absolutely no idea what they're watching upstairs. But as long as they remember to tuck teddy in at bedtime, everyone'll be happy. For there's nothing quite like a great quality 4 star hotel break to bring a smile to everyone's face.

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