

# This Caribbean Island Is a Celebrity Favorite—but It's a Great Place for Kids With Fun Amenities, Kid-friendly Menus, and Swim Lessons in Crystal-clear Water

St. Barts can be a paradise for travelers of all ages.

By [Lindsay Cohn](#) | Published on March 29, 2025



Lindsay Cohn's son playing at Rosewood Le Guanahani St Barth. PHOTO: LINDSAY COHN/TRAVEL + LEISURE

St. Barts is a posh paradise that attracts A-listers, billionaires, and the European jetset. While it's well known for having exquisite five-star hotels, designer stores, and gourmet cuisine, it's more often thought of as a grown-up getaway than a place to bring little ones. Having just returned from the French-speaking Caribbean isle, I'm here to report that it's also a first-class family holiday destination.



The island is awash with tranquil beaches where crystal clear turquoise waters meet soft, white shores, and there are plenty of toes-in-the-sand restaurant options. It's also only one hour ahead of the Eastern time zone, so you don't have to anticipate heinous dawn wakeups (at least, not more than usual). For a luxurious and laid-back warm-weather escape that the whole family will love, it just doesn't get better.

Here's how to plan the perfect family St. Barts getaway with children.

## Family-friendly Hotels on St. Barts



Scenic views from a Rosewood Le Guanahani St Barth guest room balcony. PHOTO: LINDSAY COHN/TRAVEL + LEISURE



St. Barts is renowned for its exquisite beachfront hotels that take luxury to new heights with upscale amenities, personalized service, and sumptuous spas. Their best-kept secret? They're often crawling with kid-focused perks.

## Eden Rock – St Barths

[Eden Rock - St Barths](#) dotes on guests of all ages—including "mini rockers" (the cute name they call kids). There are a lot of things about this hotel that I particularly adore for families. First, the property doesn't do the whole long lobby check-in. Instead, guests are greeted by personal concierges and whisked straight to their room—or, even, better (as was the case for us) to a stunning suite with an ocean-view plunge pool. Checking passports was done in the comfort of our space while Miles nibbled homemade Madeline's (one of the many welcome treats) and Leo crawled around with a cute whale stuffed animal. The tot trinkets continued with inflatable floaters and goggles, mini totes for the pool and bath, Dr. Barbara Sturm kids products (don't worry, I got my hands on the grown-up formulas during turndown service), and a cozy crib with a branded bib.

Everyone at the hotel went above and beyond for our tots. The day we arrived, the boys were tired, and our server put in a request to the kitchen to whip up some dishes from the kid's menu, even though it was before dinner time. The boys devoured chicken fingers, fries, grilled fish, and mashed potatoes while we sipped a signature cocktail.

## Rosewood Le Guanahani St Barth

A luxury hideaway on the quiet side of the island, [Rosewood Le Guanahani St Barth](#) offers two beaches, the Rosewood Explorers children program (Miles was a huge fan!), and spacious accommodations. We stayed in the Admiral Suite, which has two bedrooms, a giant living/dining area, and a wrap-around balcony with sea views. The boys especially enjoyed the in-room tent, stuffed turtles (seeing live ones wandering the path was a thrill, too), and watching the pelicans dive into the water and catch fish from the bathtub. Oh, and the bathroom was stocked with kid-friendly products from the French brand Ouate. If I wasn't concerned the foam body wash would explode during the flight home, you better believe it would have made the journey back with us.

# Hotel Manapany

For chill tropical vibes, [Hotel Manapany](#) is an eco-oriented bolthole that climbs up the hillsides between the sea and the jungle. It has an easygoing energy with a main resort pool where families can hang out and play games like pétanque (the French equivalent of bocce), lifesize chess, and hide-and-seek among decorative barrels and palm trees. The majority of the suites connect for exceedingly family-friendly setups. The property plans to open a kids club early this year, giving it even more cred with the underage crowd.

## Le Barthélemy Hotel & Spa

[This property](#) exudes both refinement and breeziness, courtesy of its beachfront perch on Grand Cul-de-Sac and friendly staff. Kids will love the pool noodles and alligator floats. The clear sea is just a few feet away, providing plenty of chances for energetic youngsters to run back and forth between the bodies of water. On land, table soccer and pétanque supply plenty of fun. Families can choose between 18 connecting rooms and villas featuring three to six bedrooms. Tiny slippers, Petit Prince-themed toiletries, and plush turtles are even more reasons to smile.

## Cheval Blanc St-Barth

[Cheval Blanc St-Barth](#) pulls off posh and unpretentious like no other. Its private and spacious suites come equipped with all the gear you couldn't possibly cram into a suitcase, including high chairs, baby cots, changing tables, and bottle warmers. Many even have personal pools for family-only splash time. There's also an idyllic beach where sand toys and shovels are on hand, and water sports like snorkeling are available for older kiddos. Discovery tours of the Madison Coz-designed tropical gardens come with the prospect of spotting turtles and iguanas



# Kid-friendly Restaurants on St. Barts



At the Mediterranean restaurant La Guerite Beach - St Barth. PHOTO: LINDSAY COHN/TRAVEL + LEISURE

A long lunch with little kids may not seem like your idea of paradise, but imagine the waves crashing a few feet away, the music drowning out the sound of any whining, the menu somehow pleasing everyone, and coloring books and colored pencils magically appearing out of thin air—it doesn't all have to be a fantasy.

## La Cabane at Cheval Blanc St-Barth

[La Cabane](#) at Cheval Blanc St-Barth is perhaps *the* perfect St. Barts beach restaurant. The food, energy, and service are impeccable. And tables sit right on the sand for a true barefoot luxury experience. Our boys happily gobbled up fresh fish and fries. Don't sleep on the lentil salad, either.

## Restaurant La Guérite Beach - St Barth

Another one of our favorite midday meal spots on the island, [La Guérite](#) feels at once elegant and easygoing. Mike and I loved the ceviche. The focaccia and octopus salad were crowd-pleasers for both parents and littles.

# Shellona

What's great about [Shellona](#) (well, other than the food) is the lively atmosphere. There's a DJ spinning tunes and groups outshooting each other to tell funny stories from the night before. So, a crying kid won't even register. There's also a spiny lobster tank for a solid distraction and excellent homemade ice cream. Similar to other seaside haunts, you can rent sun loungers and spend the afternoon enjoying the beach.

## The Sand Bar at Eden Rock – St Barts

The [Sand Bar at Eden Rock](#) serves breakfast, lunch, and dinner. The ambiance gets progressively more elegant as the clock ticks on, but it never loses the sense of ease that makes it a hit with families and adults. Kids will happily gobble up chicken fingers and airy mashed potatoes while parents can feast on caviar and local mahi while sipping expertly mixed cocktails.

## The Beach House at Rosewood Le Guanahani

True to its name, the [Beach House at Rosewood Le Guanahani](#) evokes the dining area in a vacation residence — one in which the hostess is all too happy to bring over colored pencils and pick up the tiny fork your tot just threw on the floor. The menu features dishes like a vegan riff on crab cakes made with hearts of palm that I will forever think about. Miles described the pizza on the kid's menu as “fluffy” (which I'm pretty sure meant airy and perfectly doughy in three-year-old speak).

## Amis and Abyss at Le Barthélemy

Le Barthélemy has two main culinary offerings. Sunday brunch at Amis is a festive affair with baked goods, deviled eggs, and made-to-order items like local mahi mahi. There's a kids club area in the back of the dining room, so little ones can make art and even dine with new friends while parents sip rosé and savor deviled eggs.

For dinner, Abyss serves fine dining fare and has a namesake Champagne that's incredible, but the outside tables and cooling breezes mitigate the formality. After a long day in the sun, Miles fully fell asleep on one of the plush sofa-like booths. In case you were curious, we covered him in a pool towel and finished our meal — the salt fish and Caribbean rice had just arrived.

## Le Table at Le Toiny

Despite [Le Toiny](#) being more of an adult spot, the signature restaurant, Le Table — while still rather grown up — does have a kids menu (though, I'll say some of the share plates, such as the chicken skewers and fried lobster, would certainly appeal to pint-sized palates), and our server gave Miles some drawing pages and stickers that kept him busy. So, if you want a date night with a small, well-behaved plus one, it's worth a shot for the *tiradito* alone.



# Best Way to Get to and Around St. Barts With Kids



A personal plunge pool at Hotel Christopher Saint-Barth on the north side of the island. PHOTO: LINDSAY COHN/TRAVEL + LEISURE

As someone who tries to avoid connecting flights at all costs, having a stopover initially gave me pause. And while it's true that there aren't any direct options from the continental United States, [St. Barts](#) is actually quite easy to reach.

What we did—which I highly recommend—is to fly into San Juan (tickets tend to be less expensive and more frequent from major hubs) and then hop on a Tradewind Aviation charter to arrive in comfort and style. The check-in process was seamless, and security took a matter of seconds. The team kindly helped carry our bags when Mike and I both had a sleeping sprout in our arms. The private waiting lounge had food and drinks, and the plane was stocked with snacks—which any parent will tell you is the way to a toddler's heart. Alternatively, you can fly directly to Saint Martin and take a 15-minute commuter [Winair](#) flight or the ferry to cut costs.



You will need some kind of car to get around St. Barts, whether you choose to rent or hire taxis — in the name of research, we did both. Hiring taxis is convenient. You don't have to navigate the winding roads and can entertain the kiddos the whole time. You'll either need to bring a car seat from home (we traveled with the Doona for Leo, which doubles as a stroller) or seek out taxis with car seats. The concierge will happily help with that, and then you can take the driver's card and WhatsApp them directly. Renting a car, on the other hand, allows for leaving at a moment's notice (parents of small children know that when the overtired screams start, it's time to book it). On the flip side, it means being in the literal driver's seat, and some parents might prefer to switch off on vacation.

## Other Tips for Planning a Family Getaway to St. Barts



Her toddler son playing with backgammon at Rosewood Le Guanahani St Barth. PHOTO: LINDSAY COHN/TRAVEL + LEISURE

## Be selective about the hotel you pick.

So much of a St. Barts holiday is tied to relaxation—which means doing a lot of nothing. Choosing Eden Rock, Rosewood Le Guanahani, Le Barthelemy, Cheval Blanc, or Hotel Manapany as a home base will give you access to swaths of white sand, turquoise water, and, of course, all-important sand toys.

## Don't be afraid to ask for help from the concierge.

If you plan to partake in the more adult side of St. Barts, whether that's a rosé-fueled lunch sans kids, a trip to the spa, a gastronomic dinner, or nightlife, I highly recommend childcare. The concierge at Eden Rock (shout out to Noemie) coordinated a lovely babysitter named Catherine for the duration of our time on the island. It was amazing to have someone we could trust and who got to know the boys over the week—the consistency made us all feel a lot more comfortable. Best of all, she watched both boys so we could sneak away for a blissful couples massage in a stunning sea-view cabin at Hotel Christopher's Sisley Spa—thoughts of 5 a.m. wake-ups and toddler meltdowns felt like a distant memory.

Prefer not to hire a nanny? Book a post-brunch La Mer-powered facial at Le Barthélemy's spa so you can take advantage of the afternoon childcare provided by the hotel. Or, if you're staying at another property, check to see what the kids club hours are.