

## MOTION SICKNESS

About half of children are affected by motion sickness. They become nauseated and may vomit, complain of fatigue, headache, cold sweats or general discomfort. Young children may be dizzy or even seem unsteady on their feet when they try to walk. Unfortunately, vomiting does not relieve the symptoms.

These symptoms may occur with travel by car, boat, train, or plane. They may also occur from amusement park rides, video games or panoramic movies.

Girls are more susceptible, and the peak age for motion sickness is between 4 and 10. Slow swaying movements are more likely to cause motion sickness.

Use these tips to deal with your child with motion sickness:

- Feed your child a light meal three hours or more before departure, and avoid dairy. Give light snacks during the trip
- Have your child face in the direction you are traveling (if he or she is younger than 2 years – should be rear facing)
- Use a booster seat so the child can look outside
- Stop the car frequently and walk around for a few minutes
- Increase the airflow to the face by re-directing the vents; keep the air cool
- Do not permit your child to look at books or video games while in motion; instead focus on a distant object or the horizon
- Request seats in the center of an airplane or ship
- Encourage your child to lie down on a ship or train; limit his head movements by resting his head on a pillow or object that remains stable
- If your child is over age 12 and above about 100 pounds, consider seating him or her in the front seat of the car

Medications are available to treat motion sickness. The most common ones for children are:

### **Dramamine**

- start 30minutes before travel. May repeat in 6 hours. Available as tablet, liquid and chewable
- may cause drowsiness

### **Benadryl**

- start at least 30minutes, preferably one to two hours, before travel. May repeat in 6 hours. Available as tablet, liquid, fast melt and chewable
- may cause drowsiness; some children will be restless or agitated by drug, so try a dose before your trip

**Bonine**

- not approved for use under age twelve
- start one hour before travel; may repeat in 12 hours
- may cause drowsiness, blurred vision and dryness of the mouth
- cannot be used in persons with asthma

**Scopolamine**

- not for use under age twelve
- available as a patch, which lasts up to 72 hours
- can cause headache, nausea, dizziness when it wears off
- can cause dry mouth, dry skin, blurred vision, difficulty urinating, constipation or fast heart beat

**Phenergan**

- not for use under two years of age
- can cause sedation, blurred vision, or distorted facial expressions
- available as syrup, tablet or suppository
- given 30-60 minutes before travel and repeated in 12 hours if needed

**Ginger root**

- studies of this herbal drug show mixed results
- ginger ale soda usually does not contain ginger

**Acupressure**

- studies in children show mixed results
- usually done by a bracelet placed near the wrist
- care must be taken to avoid constriction of blood vessels if band is too tight

