

Pediatric Healthcare

PREVENTING CAR SICKNESS

To prevent car sickness in children, you might:

1) Reduce sensory input.

Encourage your child to look at things outside the car rather than focusing on books, games or movies. If your child naps, traveling during naptime also might help.

2) Carefully plan pre-trip meals.

Don't give your child a large meal immediately before or during car travel. If your travel time will be short, skip food entirely. If the trip will be long or your child needs to eat, give him or her a small, bland snack such as dry crackers and a small drink before it's time to go.

3) Offer distractions.

If your child is prone to car sickness, try distracting him or her during car trips by talking, listening to music or singing songs.

4) Use medication.

If your child is under 2 you can try motion sickness bracelets such as Seabands for children. If they are older than 2 Dimenhydrinate (Dramamine) is an approved over the counter motion sickness medication. Consider giving your child a test dose at home before your car trip to see how your child responds.