

THE SICKLY FEELING • WHILE • TRAVELING



WHAT MAKES CHILDREN NAUSEATED DURING A CAR OR PLANE RIDE?

- A sensitive inner ear center that is responsible for balance.
- Motion sickness inherited from one of the parents.
- A sensory mismatch where different senses send mixed signals.



HOW TO SPOT THE SIGNS?



Restlessness



Sweaty and pale appearance



Developing a bad temper

HOW TO HELP THEM



- Have your child sit on a higher or booster seat with a clear view of the road ahead.
- Keep them entertained with toys and conversations.
- Have them lie down and cover their forehead with something cold.
- Offer sips of water.

References:

1. Motion Sickness; Seattle Children's Hospital
2. Why Children Get Carsick—And What to Do; University of Rochester