

# Natural Ways To Prevent Motion Sickness In Children



Seat your child in the car's front seat if they are older than 12 years.



Younger children may sit in the middle back seat and preferably look out the front window.



The child should not be looking at books or screens during car travel.



Have your child eat a light meal before a trip and avoid heavy meals.



Stop often and let your child move around a bit.



Try focusing their attention away from the nauseous feeling. Make them listen to the radio, sing, or talk.

## References:

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