

# Motion Woes: Understanding and Easing Motion Sickness in Kids

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## Introduction

**Picture this scenario:** You are leaving the house with the kids. You pack everything into the car, pull out of the driveway, and head down the street. You hear from the backseat, “I feel carsick.” Your whole trip comes to a halt as you pull over to the side of the road.

Traveling with children can be difficult. Motion sickness becoming an unwelcome travel companion can make it even harder. Not only can motion sickness cause major discomfort for your child,

but it can also create a big mess when the discomfort leads to vomiting. Let's dive deeper into motion sickness, its signs and symptoms, and explore proven strategies to prevent symptoms.

## **What Exactly is Motion Sickness?**

Motion sickness is the body's response when the brain receives conflicting information from the motion-sensing parts of the body, including the inner ears, the eyes, and the nerves in the joints and muscles. When all three areas sense motion together, the body can respond appropriately. However, when a child seated low in the backseat of the car experiences motion detected by the ears but not the eyes, joints, and muscles, it can induce a sense of sickness. Motion sickness is not limited to car travel but can manifest with travel by air or sea, and on rides or play equipment.

## **Understanding the Causes of Motion Sickness in Children**

Experts are unsure why motion sickness affects some children and not others. Children between the ages of 2 and 12 are more susceptible than their younger counterparts. [Stress, excitement, or very intense motion](#) can exacerbate the condition.

## **Recognizing Signs and Symptoms**

### **Signs and Symptoms Include:**

- A vague feeling of upset stomach or feeling “queasy”
- Cold sweat

- Fatigue
- Loss of appetite
- Vomiting

### **For Younger Children Unable to Express Themselves, Motion Sickness May Present With:**

- Paleness
- Sweating
- Restlessness
- Frequent yawning
- Crying

## **Proven Strategies for Prevention:**

### **Before Your Trip:**

Before starting your journey, offer your child a light, bland snack. Elevating your child with a safety or booster seat allows her to see out of the windshield, allowing her eyes to sense the motion.

### **During Your Trip:**

[Provide air ventilation](#) by opening the window. Engage your child with music and conversation, keeping her distracted and looking up rather than down at a book or game. If possible, schedule your trip during nap time.

### **If Your Child Becomes Ill:**

If your child does begin to experience signs and symptoms of motion sickness, stop the car as soon as possible, remove your child from her seat, and have her lie down on her back. A cool compress on your child's forehead can help ease symptoms.

## **When To Contact Your Child's Pediatrician**

Consulting with your pediatrician is essential if your child is experiencing motion sickness regularly. The doctor may recommend medication to prevent symptoms. It is also crucial to seek professional advice if your child displays symptoms of motion sickness when not involved in movement activity.

## **Conclusion**

Understanding motion sickness, recognizing the signs and symptoms, and implementing prevention measures empower parents to travel confidently and enjoy new experiences. Prevention is often multifaceted and may require professional guidance if symptoms persist. Each ride provides an opportunity to recognize symptoms early and refine your approach to prevention. Here's to smoother future travels.