

**MEDIA RELEASE****1 June 2009****Simple measures prevent travel sickness in children**

Motion sickness affects about 30% of people, with 5% suffering heavily, and is particularly common in children around 10-12 years of age. Children under the age of two do not tend to get motion sickness.

While there are many marketed remedies for travel sickness in children, few have undergone controlled trials, particularly in children. The best approach is to use simple preventative measures, writes Linda Graudins, Quality Use of Medicines Pharmacist at the Sydney Children's Hospital/University of NSW Paediatric Therapeutics Program, in the latest edition of *Australian Prescriber*.

The article outlines a few simple ways to help reduce travel sickness, such as:

- Avoid unnecessary head movements by using pillows or a headrest
- If travelling by car, seat child near the front of the vehicle (e.g. middle rather than back row in a larger vehicle)
- Focus child's attention elsewhere, e.g. out of the front of the car
- Do not encourage reading or focusing on games while travelling
- If flying, sit over the aeroplane wing – the ride tends to be less bumpy
- Feed the child a light snack before travelling – avoid heavy, greasy meals
- Do not let the child get too hot – open the window if necessary.

Medicines such as antihistamines are available for travel sickness, however Ms Graudins says given their lack of efficacy and potential to cause side effects they should not be used to treat motion sickness in children under two and should be used with caution in older children.

For a full copy of the article visit [www.australianprescriber.com](http://www.australianprescriber.com).

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