

Pleasant travel with kids

Kids can say goodbye to motion sickness By Xepa-Soul Pattinson

The much-awaited June school holidays is almost here and parents are already finalising vacation plans for their families. Usually, long school break means taking a trip that requires being transported to another place via moving vehicles such as boat, ship, car or airplane.

Symptoms of motion sickness

During lengthy trips, a good number of children may experience dizziness, cold sweats and increased salivation progressing to vomiting. This is usually due to motion sickness, i.e., when the inner ear sense rolling motions that do not tally with the visual clues. The eyes do not perceive the movement that the inner ear signals, thus the body sensors are unable to reconcile these movements – leading to motion sickness.

Preventing motion sickness

Motion sickness is a typical occurrence that is more prevalent among children. Studies reveal that childhood susceptibility to motion sickness is 31.1 per cent compared to 7.9 per cent among adults. To avoid the hassle of handling a child suffering from motion sickness, below are some valuable travel tips that can keep motion sickness at bay:

1 FOOD TO WATCH OUT FOR –

Avoid rich, oily foods and heavy meals. Heavy, fat-rich and even spicy foods may worsen the motion sickness among certain people.

2 REST BEFORE JOURNEY –

Children should be well rested before travelling. Constant movement of the vehicle doesn't readily affect kids when they have rested before journey.

3 SEAT POSITION DURING JOURNEY –

When travelling by car, your child's car seat should face forward and propped high enough to see the view. During flights or cruise, seats in the middle have the least movements so choose to sit within this location.

4 VENTILATION – Vehicles should be well ventilated and at a comfortable temperature. Open the air vent to allow circulation of air.

5 TOYS FOR DIVERSION – Bring toys that can distract or occupy your child/children's attention. However, avoid reading or playing of videogames because such activities may induce dizzy spells during travel which can lead to motion sickness.



6 INTERACTIVE GAMES TO KEEP KIDS BUSY –

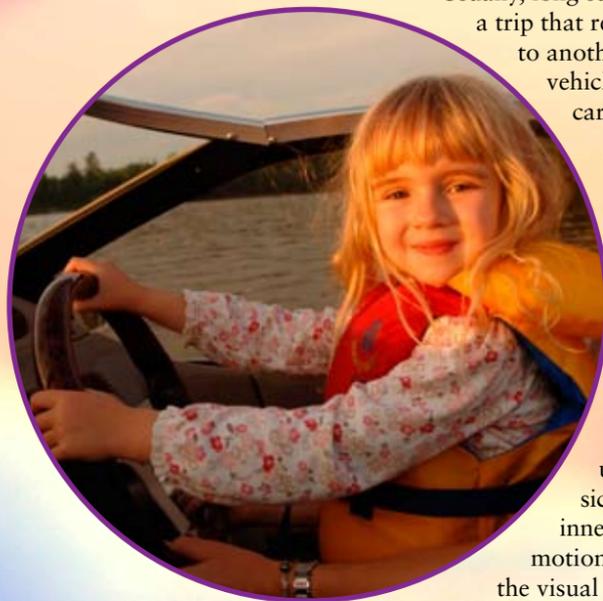
Play simple 'travel' games to keep children busy such as: 'I spy with my little eye something that starts with a certain alphabet or colour' or taking turns to guess what the object is or singing Old MacDonald while taking turns to add an animal to the song.

A more conclusive solution

While the preventive measures mentioned earlier can help minimise the occurrence of motion sickness, a more conclusive solution is pharmaceutical grade motion sickness syrup especially made for children.

Readily available at pharmacy dispensing counters, Novomin Syrup is an effective remedy that prevents motion sickness among kids aged 2-12 years old. It has anti-emetic properties that is effective for prevention and treatment of nausea and vomiting. In fact, children find it easy to consume Novomin Syrup because of its tasty orange flavour.

For better prevention of motion sickness, take the first dose of Novomin at least 30 minutes before the journey. Adults who suffer from motion sickness can also get Novomin in tablet form. So now, the whole family can look forward to a worry-free travelling this coming school holidays!



For more information, please seek advice from your nearest pharmacist or physician.

NOVOMIN
For Travel Sickness

Now I can enjoy my holiday!

*Novomin Tablets are also suitable for children 6 yrs & above.

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