



IN YOUR
POCKET

Motion Sickness Prevention Checklist

Before You Leave:

- Give ginger (candy, crystallized, or tea)
- Offer light, protein-rich meal 30-60 minutes before departure
- Do cross-crawl exercises
- Apply acupressure wristbands if using
- Pack motion sickness bags and wet wipes

During Travel:

- Seat child by window or in front
- Provide chewing gum or chewy snacks
- Keep car cool and well-ventilated
- Avoid screens and books
- Take breaks every 1-2 hours
- Have child look at horizon, not inside car

If Nausea Starts:

- Pull over safely
- Fresh air and walking
- Cool cloth on forehead
- Small sips of water or ginger ale
- Deep, slow breathing
- Stay calm and reassuring