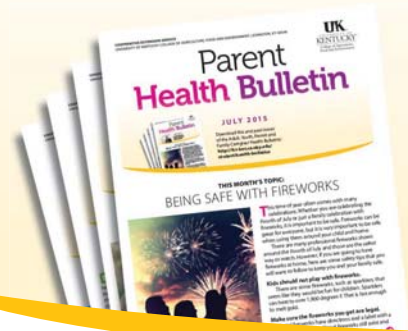


Parent Health Bulletin



JULY 2016

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THIS MONTH'S TOPIC: TRAVELING SAFELY



If you are traveling this summer, whether it is close by or far away, it is important to be prepared and safe. Making sure that you are prepared for motion sickness, ear discomfort and having items needed for a safe and fun trip can help you be at ease. Below are ideas for handling motion sickness and ear discomfort. Some items are included that you will want to be sure to bring with you and even a few tips for fighting boredom in the car!

Motion sickness

Motion sickness can happen to anyone. Some people feel it more when they are in the car and others feel it more when they are in a boat or a plane. It is often described as a feeling of being sick to your stomach. This happens because your brain

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To help ease the pressure changes, you may want to have your child swallow something or yawn.

Continued from page 1

is getting mixed signals about whether or not your body is in motion. The inner ear, which allows you to sense if your body is moving, feels that your body is moving (in a vehicle or plane) and yet your eyes may be fixed on an object that is still, such as a book. This can confuse the brain.

One way to avoid motion sickness is to look outside. If your child is not feeling well, try having him or her focus on objects that are far away, such as a house that is up ahead or a mountain in the far distance. On an airplane, have your child look out the window. This helps because the eyes will see that the body is moving. If your child is still feeling ill after looking out a window, you may need to stop for a few minutes and let him or her walk around if you are in a car. If it happens a lot, you may want to talk to your child's healthcare provider about other ways to prevent motion sickness.

Focusing on objects that are far away, such as a house that is up ahead or a mountain in the far distance, can help avoid motion sickness.



also want to make sure that you have any specific medications that may be needed such as inhalers, allergy medication or insulin.

Fight boredom in the car!

- Offer your child a map of the route that you will be taking. Let him or her put stickers along the route.
- Listen to an audiobook. The library is a great place to get these.
- Offer some paper for your child to draw pictures of what he or she sees out the window.
- Play the license plate game and see how many different state plates you can find.
- Play the "my favorite" game — talk about what the "favorite is in different categories such as music, movies, books, ice cream, sports, words, numbers and more.

There are many things that can happen while you are traveling, but by being prepared and ready for them, your journeys are sure to be full of great memories.

REFERENCE:

<http://kidshealth.org/en/parents/family-travel.html>

Ear discomfort

Ear discomfort is not uncommon when traveling by a plane, especially during takeoff and landing. This happens because there is pressure in the middle ear that tries to change with the changing air pressure. To help ease the pressure changes, you may want to have your child swallow something or even yawn. Make sure to tell your child that it may be uncomfortable, but keep encouraging them to swallow or yawn.

Being prepared

When you are traveling to someplace new, your child is likely to want to go exploring! Make sure that you have sunscreen for the long days outside, insect repellent, a small first aid kit and some type of hand sanitizer in case there is nowhere to clean hands. You

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Stock images: 123RF.com

