A calmer car-ride plan

For boredom when reading feels uncomfortable: spoken activities, quiet and safe stops.

Try talking or singing instead of books or screens if they make your child feel sick. Activities are entertainment, not treatment; stop when quiet is preferred.

A SPOKEN-ACTIVITY MENU

Imaginary picnic
Each willing passenger names one thing to bring. Remembering is optional.

Tiny story
Choose a character, a place and what happens next. Take turns if you like.

Choose a song
A non-driving adult manages prepared audio at a comfortable volume.

Talk about arrival
What is one thing you would like to see when we arrive?

Safe stopping options:

Supplies location / adult who can help:

Questions to ask a clinician before departure:

Driver: do not reach back or search a phone. Stop safely if needed. Keep the correct child restraint and seating; ask a pediatrician before motion-sickness medicines.

Not nausea treatment. Symptoms outside travel or ongoing concerns: contact a pediatrician.

Source: American Academy of Pediatrics - Car Sickness.
www.healthychildren.org/English/health-issues/conditions/head-neck-nervous-system/Pages/car-sickness.aspx