SHERRY MATTHEWS ADVOCACY MARKETING

Children's Health Minute **Air Dates: Week of March 12, 2007**

"Motion Sickness: Plan Ahead!"

Dr. Hellerstedt: For many families, warmer weather is the perfect time for a road trip. But what if your child gets motion sickness?

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute -- connecting families with Children's Medicaid and CHIP.

Basically, motion sickness results from a conflict between the eyes and the ears: the inner ears detect that the car is moving, but the eyes — when focused within the car — do not. The brain gets conflicting signals, and nausea results.

To help prevent motion sickness you can:

- Encourage your child to focus on distant objects outside the car
- Limit activities such as reading or playing hand-held video games
- Be sure to plan enough time on your trip to stop and let your child get out of the car
- Or, in addition, you can try an over-the-counter motion-sickness remedy suitable for kids

Announcer: Keep your kids healthy. Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your CHIP or Children's Medicaid. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.