

Happy & Healthy Pediatrics

Pediatric, Adolescent, & Breastfeeding Medicine



Travel Handout

After 8 weeks of age there is no limitation on travel. You can fly, drive long distances, boat trips, etc. We try to limit travel for children less than 8 weeks of age, whenever possible, to prevent illness and contact with germs since their immune systems are immature.

Motion Sickness:

- If the child has not eaten for three hours, give your child a *light* snack before the trip. This relieves hunger pangs, which seem to add to the symptoms.
- Try to focus the child's attention away from the queasy feeling. Listen to the radio, sing, or talk.
- Have her look at things outside the car, not at books or games or screens.
- "Sea bands" can be bought at most pharmacies and work really well for children with motion sickness. Apply them to both of the child's wrists prior to travel.
- If the child's symptoms are severe, and you really feel medication is necessary, please administer Benadryl 30 minutes prior to travel. The dosing is on our "Medication Dosing" handout linked to our website. It works much better than Dramamine and has less side effects.

Flying:

- No ear plugs are recommended or needed. Just have the patient drink something as you are landing and taking off-that will help neutralize the pressure in their ears.
- Unless your child has severe motion sickness, we do not recommend giving your child Benadryl prior to a flight for sedation. Just bring lots of toys and things that will entertain the child during the flight.

What to Pack:

- Ibuprofen (for children over 6 months of age) or Acetaminophen (for children less than 6 months of age)-for pain/comfort during fever. (Please see our "Medication Dosing" handout linked to our website for dosing information).
- Topical hydrocortisone (generic Over the Counter brand is fine)-for insect bites, mild sunburns, irritant rashes, etc.
- Bug spray and sun screen (See "Sun Protection and Insect Repellant" handout linked to our website).
- Benadryl-in case of an allergic reaction or motion sickness. . (Please see our "Medication Dosing" handout linked to our website for dosing information).
- Pedialyte powder packets-can mix with clean water if needed-to treat dehydration caused by vomiting/diarrhea.

- Simple first aid kit including bacitracin to prevent infection for any mild cuts/abrasions. Always wash with soap and water first and then apply bacitracin ointment three times a day to prevent infection.
- If your child is asthmatic, make sure you pack their asthma meds.
- If your child has severe allergies, make sure you pack non-expired Epi-pens.