

Car trips and kids: Here are some tips

By HELEN KAULBACH
Many people forego the pleasures of a summer vacation by car because their children get carsick. They say the trip, with all its problems, just wouldn't be worth it.

To such people, maybe I can offer a little practical advice. I don't, of course, presume to give any medical advice, and if your children get violently ill in a car, it might be wise to check with your family doctor before setting out on a trip. However, for day-to-day coping with the problem, there's nothing like experience.

Our children have been getting carsick since they were babies and despite this we have travelled from coast to coast by car, not once, but several times. Experience I've got.

THE KEY RULE

The most important rule in travelling with carsick kids is this: No eating in the car.

Other things I have found that work well: Never travel on an empty stomach; stop at least once every hour; stay away from greasy foods; leave the windows open an inch or so; and give medication to prevent motion sickness, if necessary.

There are several reasons for no eating in the car. If a child is feeling queasy, giving him something to eat will only compound his problem and you have only yourself to blame when it comes back up in a few minutes.

The kind of foods that you can eat out of hand in the car generally aren't the kind that will "sit well" on an upset stomach.

Some people who are feeling unwell can't stand even the sight or smell of food so eating in the car is out even for those who are not sick.

SOLID BREAKFAST

Before leaving on a trip, I usually give my kids a good, solid breakfast like oatmeal. Bacon and eggs are far too greasy and for some reason eggs, done any way, are asking for trouble. Also out are pancakes or waffles and syrup.

One thing I do not feed my children on a trip is milk. For them, milk is disastrous, so I give them fruit juices and ginger ale.

We usually travel with a big thermos jug of fruit juice or lemonade.

At our rest stop, at least once an hour, the kids get out of the car and walk around to get fresh air. They get a glass of juice and a couple of unsalted crackers. This way they never travel with an empty stomach and they are also never really full.

MUCH DIFFERENT

Lunch stops are not much different from rest stops. Our lunch usually consists of juice, crackers, cheese and fruit, eaten at a roadside table. MacDonalds and A&W don't get much business from us when we're on a long trip.

You might think that once we're stopped for the day the kids would be running for hamburgers and French fries, but they learned from experience not to do it. Even though they were not travelling anymore that day, they usually couldn't face anything fried or greasy and ate very lightly.

KEEP WINDOWS OPEN

Unless the car is air conditioned, it's a good idea to leave the windows open a crack to keep the air circulating.

If you find that, despite the regulation of diet, the children still get sick, then consider Gravel. For a small child, the liquid is best because you can give the exact amount that is needed. For an older child a Gravel pill, or half a pill, works as well and is less messy. The liquid stuff is really sticky, if spilled. Since Gravel makes a child sleepy, try not to give it to him if you plan to stop and sightsee within an hour or so.

Another remedy that some people swear by is static straps attached to the car bumper. The theory is that the straps drag on the ground and drain off the static electricity and less static electricity helps calm the upset stomach. This seems to work best on an older child who understands what it's there for, so maybe the effect is mainly psychological.

I'm not guaranteeing that these methods will work for you. I'm only saying that they work for my kids, and they're the result of years of trial and error.

So if you are dreading that car trip this summer, why not try my methods. And let me know if it works.



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is
the
way**

Tennis is breaking out on courts all over Mississauga with the advent of the warm weather. Linda Young, 14, gets a few tips on her swing technique from John Brodie, instructor at the Springfield Tennis Club at Erindale Little League park.

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Concert at Huron Park arena May 31

A concert for Mississauga young people will be held at Huron Park arena on Saturday, May 31. The concert, organized by Mississauga Student Association, will feature Max Webster, Moxie, Bob McBride and Mike Mandel. Tickets are \$2.50 each.

This is the first function organized by the association, which is made up of eight Mississauga high school representatives. The associa-

tion was formed in March. The aims of the association are to foster a closer relationship between the students of all Mississauga high schools and between students and the community as a whole.

The concert, which will run from 7 p.m. to midnight, was organized with the co-operation of Music Shoppe and Mississauga recreation and parks department.

Beer-Bratwurst Fest to be held May 27

A Beer and Bratwurst Fest on May 27 will be the final event of the season for the Mississauga branch of the Committee for an Independent Canada.

A 17-piece orchestra will be featured for the event and Bill Levine, research director for

the Canadian Union of Public Employees, will speak on the need for Canadian, instead of international unions.

The year-end fest will be held at Port Credit Legion, 8:30 p.m., May 27. Tickets are available for \$3 each by calling 277-2080.

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