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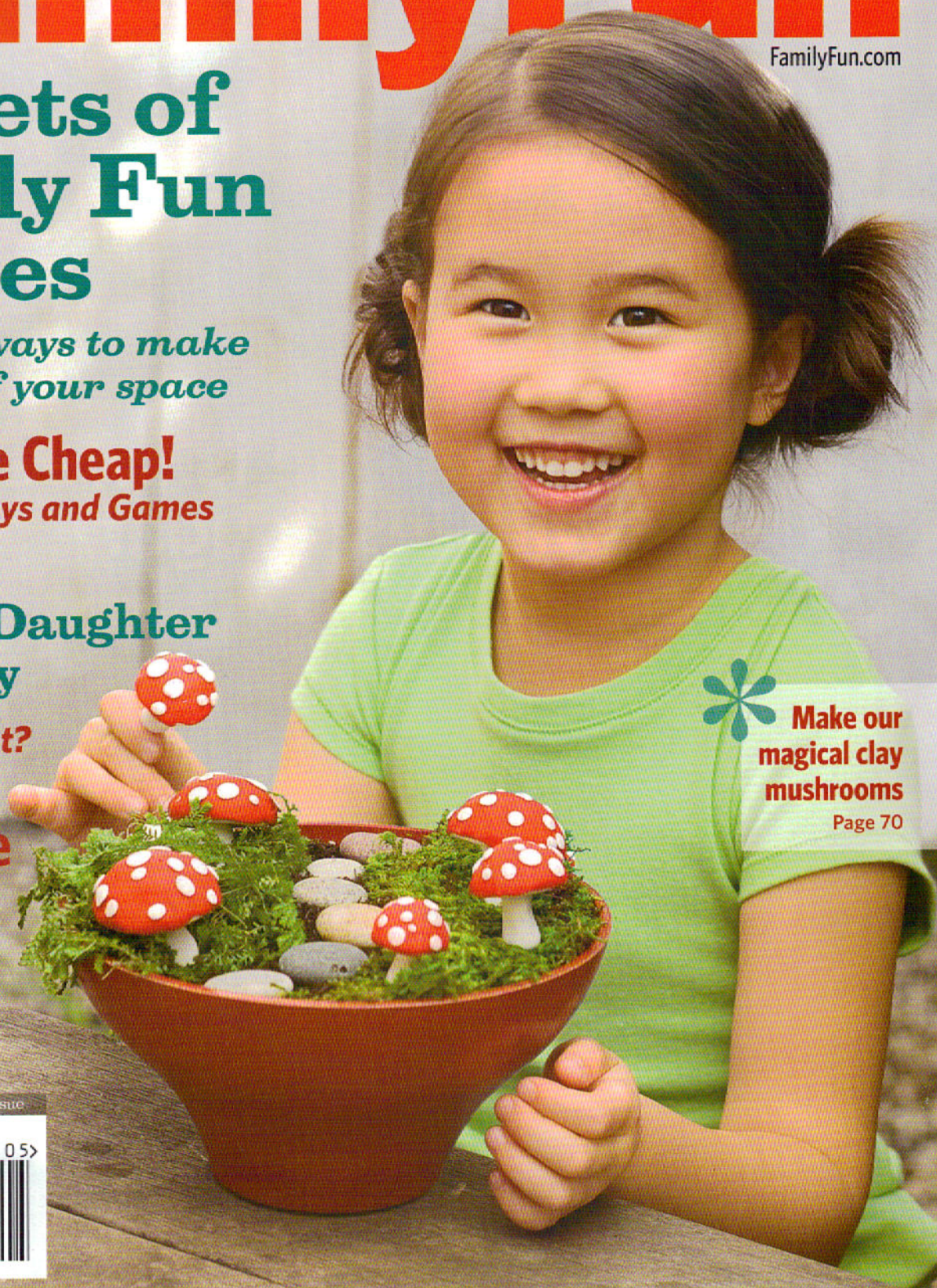
9 simple ways to make the most of your space

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ways to avoid motion sickness



Going on a road trip? Read this now — unless you're already in the car!

TAKE GINGER

For centuries, Asian healers (and presumably Asian mothers) have trusted ginger to relieve nausea. In fact, some studies have confirmed that ginger can prevent, or at least ease, motion sickness.

Bottom line: To ward off queasiness, eat crystallized ginger or take a dried ginger tablet (available at health food stores) before traveling.

POP A PILL

Anti-nausea products such as Dramamine and Bonine (which come in children's dosages) are actually antihistamines that work by calming the brain's balance center.

Bottom line: Like many meds, both may have minor side effects, but Dr. Jack Fincham, a pharmacy professor at the University of Missouri in Kansas City, says Bonine is less likely to cause drowsiness.

EAT PROTEIN

Ditch those crackers. Dr. Robert Stern, a retired Penn State psychology professor, found that eating protein, not carbohydrates, is better for easing motion sickness.

Bottom line: Have a high-protein snack, such as a handful of nuts, every two hours when traveling. An empty stomach just sets you up for a case of the green meanies.

WEAR WRISTBANDS

Acupressure point P6, about an inch up from the hand on the underside of the arm, is thought to govern queasiness. You can press on it or wear acupressure wristbands, such as Sea-Bands, which will free your hands for better things — like eating lunch, now that you're not in danger of losing it.

Bottom line: Dr. Stern gives acupressure wristbands a thumbs-up based on a 2001 study but he warns, "they don't work for everyone."

LICK QUEASY POPS

Manufacturer Three Lollies claims that the essential oils in its all-natural Queasy Pops, inspired by their successful Peggie Pops, stimulate nerves in the brain that control nausea.

Bottom line: Maybe it's the oils or the comfort of sucking on a tasty lollipop, but Queasy Pops do seem to help some kids (and at least one staffer we know).



Check the expiration date on last summer's sunscreen

Organize a neighborhood play day in honor of National Backyard Games Week (May 18 through 25)

ASK THE DOCTOR

"Is Nail-biting Unhealthy for Kids?"

It's the most common of the so-called "nervous" habits, but according to Dr. Deborah Roth Ledley, author of *Becoming a Calm Mom: How to Manage Stress and Enjoy the First Year of Motherhood*, the answer is (mostly) no. "Kids can get teased for biting their nails, and skin can become susceptible to infection," she says. "But it's usually only a problem if it's labeled as one." Still, if your child wants to quit (be sure it's her idea; nagging probably won't have the desired effect), Dr. Ledley offers these tips:

Block the biting. Because kids (and adults) aren't always aware that they're nibbling on their nails, you'll need to remind them not to bite. Try placing small stickers on your child's nails, or have her use pleasant-smelling hand cream.

Offer an alternative. In potentially boring situations, such as a long car ride, give your child something to hold in her hands (a book or a travel game, for instance) to ward off biting.

Chart progress. Post a wall calendar and have your child reward herself with a sticker for every day she doesn't bite. "It can be very motivating to see those days add up," says Dr. Ledley, "and the more consecutive days kids can get under their belt, the more likely it is that they'll stop for good."

Got a question? Send it to queries.familyfun@disney.com with "Ask the Doctor" in the subject line.

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