Ohio Chapter
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American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Ohio Department of Health

WHAT CAN I DO WHEN TREATMENT GETS HARD?

MISSING MEDICATIONS HAPPENS MORE OFTEN THAN YOU THINK

If your child misses medications, treatments, appointments, or therapy exercises, your family is not alone.

Medication routines are important, but they can also be hard. The good news is small changes and honest conversations can make a big difference.

TALK WITH YOUR HEALTHCARE TEAM

Come prepared to talk about your medication challenges with your provider.

Consider the following questions before your appointment:

- What part of the routine is hardest right now?
- Are there times of day that work better?
- What support would make this easier?
- Is stress or burnout affecting your routine?
- What does my child dislike most about treatment?
- What helps our family to remember?
- What makes taking medication harder at school or with friends?
- What goals matter most to our family?

These questions may be helpful to ask at your appointment:

- We are feeling overwhelmed; what ideas do you have to help?
- Our current routine is not working; do you have any suggestions?
- We cannot afford this medication; is there an alternative?
- My child hates taking this medication; do we have another option?

YOU ARE NOT ALONE!

There are many barriers to following a treatment plan like forgetting doses, busy schedules, feeling frustrated, or side effects. The ideas below may help make following your medication plan easier.

STRATEGIES THAT HELP YOU STICK TO THE PLAN

- **Set alarms** or phone reminders.
- Pair medications with **existing routines** like chores or meals.
- Use **calendars**, charts, or medication apps.
- Keep medications where they are **easy to see**.
- **Share responsibilities** gradually with teens.
- **Let children help** problem solve.
- **Check in** regularly without criticism.

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