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

Ohio Department of Health

HOW TO MAKE TAKING MEDICATION EASIER

Starting a new medication can be difficult. It is normal for your child to find it difficult to remember or to take medication. Below are some helpful tips for what to do when your child needs help taking their medication.

HOW TO MAKE TAKING MEDICATION EASIER

Post reminder notes in places where you will see them like the bathroom mirror or refrigerator.

Use a pillbox and place it in a secured, closed cabinet.

Give medication alongside other **routines** like mealtime, teeth brushing, or to coincide with when you take your medication.

Set alarms or text reminders on your phone.

Keep **extra doses** in your purse or backpack in case you need to give medication while you are away from home.

TIPS FOR SWALLOWING PILLS

Put the pill in a **spoonful of Jello** or pudding, but make sure your child knows it is there.

If the pill can be **crushed,** or easily sprinkled, place it in apple sauce or flavored syrup.

Try **dipping a gel cap in water** to make it more slippery when swallowing.

Have your child try different **head positions** like to the side to relax the throat.

TIPS FOR MAKING MEDICATION TASTE BETTER

Have your child hold their nose.

Let your child choose a drink to have right after they take the pill.

Try having your child eat something cold before taking the pill to numb taste buds.

Use a syringe to squirt liquid medication into the back of the throat.

Mix the medication with something flavored like powder drink mixes, peanut butter or maple syrup.

TIPS FOR TAKING MEDICATION PRIVATELY

Use a pill container with a **fun design** that your child likes.

Have your child take their medication in the **bathroom.**

When your child is at school, they should take their medication in the **nurse's office**.

Put **stickers or decorations** on medication bottles or inhalers.