

Swallowing pills - 6 easy steps!

1. Find a safe, comfortable place with no distractions.



2. Let the child choose their drink. This should always be given in a sports bottle or through a straw.



3. Start with the smallest practice pill or sweet. (These can range from 100's and 1000's up to jelly bean sized!)



4. Place the pill in the middle of the tongue.



Don't throw your head back!

5. Seal lips around the bottle/straw and take 3 gulps without stopping.



6. Try another! Practice makes perfect!



Top Tips!

- Be firm and consistent but avoid punishments and threats.
- Give positive reinforcement! It really helps them to see how pleased you are that they have taken their medicine
- Make pill taking part of their daily routine i.e. breakfast, pills, brush teeth.
- Try to administer their medication at the same time each day where possible.
- Avoid thick liquids
- Give the child control by letting them choose which medication to take first.
- Try not to bargain or bribe.
- Use food to help reduce bad tastes (follow swallow with a spoonful of yogurt or jelly).
- Avoid tricking the child with food (don't hide the tablet!).
- Make the process fun!