

If your child refuses....

- Never ask your child if they want to take their medication. This is not optional.
- Be firm when it's time to take their medicine (no other activities).
- Have a matter of fact attitude. You expect them to take their medication the same as you expect them to wear a coat outside.
- Remain calm.
- Stay in the room with the child. They can leave and do another activity/ play only when they have taken their medication.
- Speak to your medical team if your child is not taking their medication.

KidzMedz Cymru

Please fill out this questionnaire to let us know your thoughts and views on liquid medicines and the KidzMedz Cymru training.



KidzMedz Cymru Pill swallowing:

A how to guide for parents and carers



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!

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Questionnaire



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