Pill swallowing in 6 simple steps

1.

FIND A COMFORTABLE PLACE WITH NO DISTRACTIONS

YOU CAN TRY THIS TOGETHER!

2.

LET THE CHILD CHOOSE THEIR OWN DRINK

THIS CAN BE MILK, WATER OR SUGAR FREE JUICE

Make sure the drink is put in a bottle with a sports cap...

3.

START WITH THE SMALLEST PRACTISE PILL OR SWEET

GIVE SOME CONTROL TO THE CHILD BY LETTING THEM CHOOSE ONE FOR YOU TOO!

Top Tips:

- It really helps your child for you to **show them how pleased you are** that they have taken their medicines

- It is important to **be firm and consistent** but **avoid punishments and threats**

- Make pill taking part of the normal **daily routine** (e.g. brushing teeth, washing face)

- Try to **administer pills at same time** and in same place (when possible)

- **Give control** to the child (e.g. which tablet they want to swallow first, liquid choice)

- **Use stories** (such as waterfall that washes pebble away)

- Make the process a fun experience

- **Try not to bargain or bribe** the child

- **Avoid tricking** your child with food (e.g. hiding the tablet)

- **Use food** to reduce taste or help with swallowing (e.g. jelly, milk, cold drink, ice cream, yoghurt)

- **Avoid thick liquid** that could slow down swallowing process.

When your child refuses...

- Occasionally children may refuse to take their medicines.

- Have a matter-of-fact attitude. You expect your child to take the medicine just as you expect them to put on a coat before going out in cold weather.

- Never ask your child if they want to take their medicine.

- This is not optional; be firm in telling your child it is time for medicine (e.g. no other activities)

- If your child refuses to take the medicines, stay in the room with the child, alone and remain calm. Your child will be allowed to leave the room and go back to play only after taking the medicine

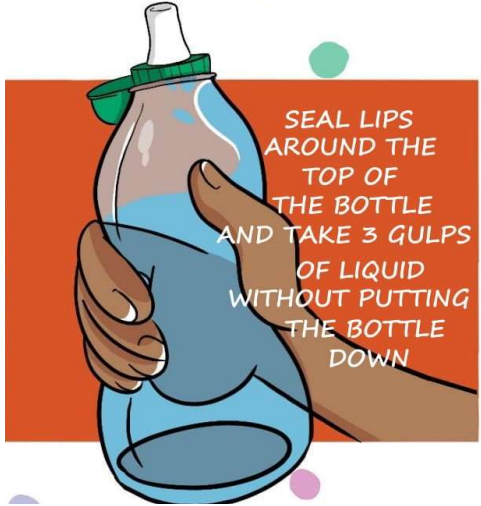- Speak to your medical team your child is not taking their treatment.

4.

PLACE THE SWEET OR PRACTICE PILL IN THE MIDDLE OF YOUR TONGUE

DON'T THROW YOUR HEAD BACK

5.

SEAL LIPS AROUND THE TOP OF THE BOTTLE AND TAKE 3 GULPS OF LIQUID WITHOUT PUTTING THE BOTTLE DOWN

6.

TRY ANOTHER PILL OR SWEET FOLLOWING THE SAME STEPS (NEVER SAT BIGGER ONE!)

REMEMBER, PRACTICE MAKES PERFECT!

WELL DONE!

*SEE BACK FOR CERTIFICATE

THE great north CHILDREN'S HOSPITAL

The Newcastle upon Tyne Hospitals **NHS**
NHS Foundation Trust

THE great north CHILDREN'S HOSPITAL foundation
Newcastle upon Tyne Hospitals NHS Charity (reg.1057213)

For more information visit:
northernpaediatrics.com/kizmed

The Team: Yincent Tse, Nicola Vasey, Susan Oliver, Emma Lim, Ailsa Pickering, Niamh O'Connell, Damneek Dua, Ravi Mistry

KidzMed is a project funded by AHSN (Academic Health Science Network) and Great North Children's Foundation.

Pill swallowing: a guide for carers