



Growing Minds LLC

Center for Child and Family Therapy
3204 Tower Oaks Blvd. Suite 180
Rockville, MD 20852
(301) 235-9927
www.growingmindstherapy.com

Tips for helping make the medicine go down:

1. **Stay Calm and try to be positive:** Taking prescription medicine is like any other thing you want your child to do. If you make it sound fun, your child is more likely to cooperate. Talk about 'medicine time' like it's an enjoyable thing. Notice your body language, facial expression and your tone of voice.
2. **Give the child some control:** Offer your child choices to avoid a power struggle and give him/her a sense of empowerment. You can offer the option of taking the medicine in a dropper or in a cup, before or after bath-time etc.
3. **Play Doctor:** Help your child pretend to give a stuffed animal medicine before taking his/her own or even pretend to give you medicine. It will help your child get comfortable with taking medicine
4. **Bypass the Taste Buds:** Explain to your child that using a syringe or a dropper would allow you to bypass the taste buds. Play with other liquids to demonstrate this principle. When giving the medicine slide the syringe or dropper along the cheek, toward the back of the mouth, and squeeze it slowly.
5. **Cool off the taste buds:** You can let your child suck on ice before giving the medicine. It helps numb the taste buds so the medicine goes down smoothly. Use ice chips or an ice pop, since larger pieces of ice are a choking hazard.
6. **Be Honest:** Don't lie to your child by saying that the medicine is going to taste yummy if it's not. Explain that the medicine is going to make him/her feel better and that it's your job to make sure that he/she stays safe and healthy.
7. **Enlist Your Doctor's Help:** Ask if there are other options for this medicine such as a higher concentration so the child will need to take a smaller dose.
8. **Show Appreciation:** Praise your child for doing something that wasn't easy for him/her to do and for helping you keep him/her healthy and safe. You can create a reward chart to reinforce your child's cooperation.

Youtube:

- Luci takes her medicine

Complied by Orly Zimmerman-Leizerov, LCSW-C