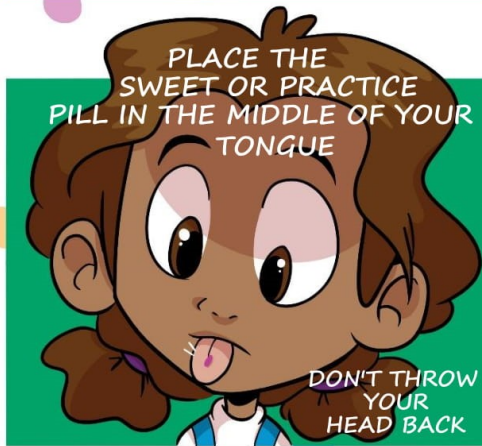


4.



5.



6.



## Pill swallowing: a guide for carers



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## Pill swallowing in 6 simple steps

1.



2.



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

3.



## 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 **give 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)

## 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.