



## Helping Children Take Medicine - Tips and Tricks

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\*\*\* Always check with your physician or pharmacist. Some medicine may not be able to be mixed, crushed, or taken with a specific food or liquid \*\*\*

**Never use your child's favourite food/drink/flavour as they may develop negative associations with it**

**Do not hide medicine or your child may become suspicious and avoid eating/drinking. Instead be honest about "we need to take your meds"**

### Helping Medicine Taste Better

- Use a syringe to give a young child liquid medicine - ask your pharmacist for one
- Numb the taste buds by having your child suck on a Popsicle or suck on a sour candy first
- Mix the medicine with a strong flavour such as Purity syrup, fruit punch, grape juice
- Chase down the medicine afterwards with your child's favourite drink. White grape juice works well for masking bitter tastes.
- Coat the tongue by giving a spoonful of peanut butter and maple syrup mixture first
- Let your child make his or her own choices in how they will take their medicine (e.g. syringe, medicine cup, spoon)

### Tips for Giving Crushed or Powdered Medicines

- Mix crushed pills with foods that do not require chewing (e.g. applesauce, yogurt, pudding, ice cream). Before adding the medicine, have your child practice swallowing the food without chewing it.
- Mix crushed pill with frozen juice concentrate. The cold temperature and strong flavour helps mask any bitter tastes.

### Teaching Kids How to Swallow Pills

- Practice pill swallowing by starting with items that are small and pleasant tasting. Start with small cake decorations, and then work up gradually in size to Tic Tacs or Skittles.
- Keep practice sessions short (less than 30 minutes), and always be sure to end with a success.
- Keep it fun. Reward effort, not outcome. Young children respond well to "treats" between attempts such as bubbles.

### Tips for Making Pill Swallowing Easier

- Insert the pill in a spoonful of Jello or pudding and let it slide down your child's throat. Have them practice swallowing a mouthful without chewing first.
- Wrap the pill in a small piece of Fruit Roll-Up

