

Let's talk about...

U.S. News
"Best Children's
Hospitals" rankings

Ranked among the
nation's best in five
pediatric specialties



Helping Children Take Medicine

Helping a child take medicine by mouth can be challenging. It is important to encourage your child to take their medication while also giving them a sense of control.

General Strategies:

- Aim to stay positive. Children are sensitive to the emotions of others.
- Praise your child for their efforts and include them in the planning process (this time and if needing future attempts).
- Use play to help your child practice taking medicine. Pretend to give "medicine" to a doll or stuffed animal.
- Provide realistic choices. For example, you can ask what they would like the medicine mixed with. Ask what they would like to drink before or after. Ask whether they would like it in a cup or a syringe.

Strategies to Help with Taste:

- Suck on a popsicle right before giving the medicine.
- Try mixing the medicine with a flavoring like Kool-Aid powder, or chocolate or maple syrup.



- Have a spoonful of peanut butter or syrup right before the medicine is taken.
- Follow the medicine with a sip of a favorite drink, or bite of something sweet, like a jellybean.
- Crushed pills can be mixed into soft foods such as applesauce or yogurt. These foods may slip down the throat easily without chewing. Or mix them into a small amount of juice.
- Put whole pills in a spoonful of Jell-O or pudding and have it slide down the child's throat.
- Place smaller pills inside a piece of soft candy or snack (e.g. Junior Mint, Fruit Roll Up, softened Starburst).

For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>