

Medicine Guidelines

Keep in Mind...

Be a role model. Explain why you take it and explain the directions you follow. Children want to be like you. They will learn from your attitude about medicine and vitamins.

Do not give “pretend medicine.” Some children really like medicine and want it when their siblings take it, or because it tastes good. If they request medicine, explain that medicine is only for when it is needed.

Medicine Rules for Kids

1. Follow the directions.
2. Only take medicine when it is needed.
3. Take medicine from a trusted grown-up.

Storage of Medications

It is advisable to keep all medications (liquids, tablets, capsules, creams, lotions, etc.) in their original containers. Find a secure location that is cool and dry, perhaps a medication bin or basket, out of reach of small children and preferably in a locked cabinet or larger storage container with security features (e.g., lock box, tackle box or tool box with combination or key locks, etc.)



How to Give Your Children Medicine

- Figure out a way to make taking medicine easier together. Some children really do not like medicine. Talk about how to solve the problem together. Would a glass of water help after they take the medicine? Would a cracker get rid of the “icky” taste?
- Liquid medication is easily administered with a syringe that often times will be offered by the pharmacy. Syringes have easily identifiable markings to help draw up the appropriate dose in the appropriate units (usually in milliliters [mL] or cubic centimeter [cc]--the volume is virtually identical (e.g., 1ml = 1cc). Many over-the-counter pain relievers come with droppers to make administering medication easier.
- Capsules may be undone and the active components sprinkled on food (Jell-O, pudding, apple sauce) or mixed with beverages to make them more potentially palatable. Again, consult with your pharmacist to determine if this is a possible.
- Some, not all tablets can be crushed and mixed with food. Be sure to check with your pharmacist if crushing or splitting tablets is appropriate as some tablets may lose their effectiveness when altered. Examples include delayed release tablets that are designed to release the drug over a certain period of time and may lose their effectiveness when crushed or split.