

HELPING YOUR CHILD SWALLOW PILLS

PILL SWALLOWING TIPS —————

- **Be encouraging!** Swallowing pills is a new skill that takes practice.
- **Use candy to practice** - Build confidence by starting small and work your way up to the goal size.
- **Get involved** - Practice alongside your child.
- **Offer choices** - Drink, cup, straw, etc.
- **Always end on success** - If a larger size becomes too tricky, stop and go back to a smaller size.
- **Hydrate** - Allow as many sips as needed.
- **Keep it short** - Limit your practice sessions to 15-20 minutes.



For further guidance watch the following:

“The New Method of Swallowing”

<https://www.youtube.com/watch?v=MXFMZuNs-Fk>

WHAT YOU’LL NEED —————

- Water or other drink (non-carbonated is best)
- Candies of different sizes
- Optional:
 - Straw
 - Soft foods such as yogurt or pudding

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PILL SWALLOWING STEPS

1. Start with the smallest candy.
2. Sit or stand up straight.
3. Place candy on back of tongue.
4. Take a sip of water/juice (A straw may be easier when first learning).
5. Try chosen swallowing technique (e.g. duck shake, fish cheeks, head tilt, etc.)
6. Swallow.
7. Aim for 2-3 successful swallows before moving up a size.

Straw Method

Place medication at the front half of the tongue and sip through a straw

Mix It!

Mix the medicine in applesauce, yogurt, or pudding and serve on a spoon.

Practice Candy Sizes



Talk about medicine safety & tell your child what the medicine is for.