

Getting Your Toddler to Take Medicine



There's no way around it—some medicines taste yucky! All medicines are chemicals and they taste bad. That's why it can be so hard to get your toddler to take them. It's important to always use the cup or syringe provided for proper dosage. Always measure carefully and **never skip a dose**. Try to stay patient as this can be very frustrating. Losing your cool and yelling won't help. Here are some tips for helping your children take their medicine.



CHANGE WHAT FORM OR HOW YOU GIVE THE MEDICINE

- Liquid medicine might make your child gag or vomit. Ask about chewable or dissolving tablets and strips. There are even suppositories for some medications.
- The pharmacist can disguise or hide the taste. But sometimes the flavor won't cover the taste enough. You can also try hiding the medicine in food if the provider and pharmacy say it's OK. Try putting it in something sweet such as pudding or chocolate syrup. Be sure to only use a small amount of food because your child will have to eat it all. You can also offer sweet tasting treats right after a dose. An ice pop may numb their tongue and taste buds.
- Try using a syringe or straw. Your child may not taste the medicine if it goes to the back of the throat.

CHANGE WHERE OR WHEN YOU GIVE THE MEDICINE

- If your child has a strong gag reflex, they may spit or vomit. Giving medicine in the bathtub can make clean-up easier.
- If the medicine comes as an eye drop, try giving them while your child is sleeping. Gently lift their eyelid and put in the drops. Do not give other medications while a child is asleep because it is a choking hazard.
- When all else fails, ask your pediatric team for help!