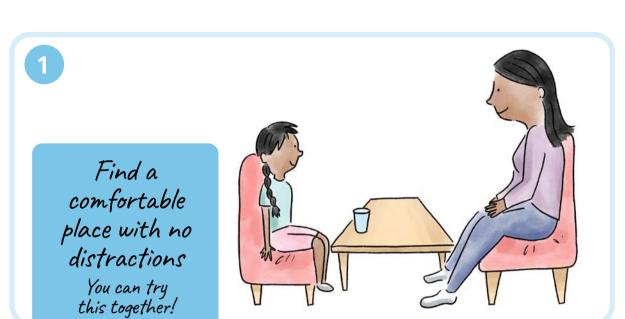
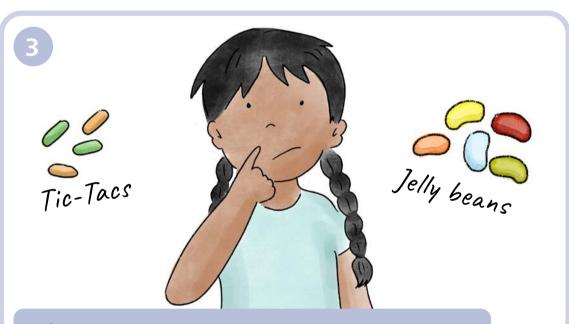




HOW TO SWALLOW PILLS







Place the sweet or practice pill in the middle of your tongue Don't throw your head back



Start with the smallest practise pill or sweet

Give some control to the child by letting them

choose one for you too!



Try another pill or sweet following the same steps (never say bigger one!) Remember, practice makes perfect!

6



Seal lips around the top of the bottle and take 3 gulps of liquid without putting the bottle down



Keep all medications, including vitamins out of reach and out of sight of children. Medicines can be mistaken for sweets by young children.