



HOW TO SWALLOW PILLS

1

Find a comfortable place with no distractions
You can try this together!



2



Let the child choose their own drink
This can be milk, water or sugar free juice

3



Tic-Tacs



Jelly beans

Start with the smallest practise pill or sweet
Give some control to the child by letting them choose one for you too!

4

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



6

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



5



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.