

5 Helpful Tips

to make giving antibiotics easier for you and your child

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1 Be **honest** and **specific**. Explain **what** the medicine is and **why** it is **important** for your child to take it.

2 Use **play** as your tool! Play is the **best way** for children to **learn, understand, and process** information and experiences.

3 Be **creative** in covering up **flavors** your child may dislike. Ask your **pharmacist** or a **child life specialist** for specific suggestions or tips!

4 Use **positive reinforcement**. Use **"if, then" statements** to identify something positive to look forward to after they successfully take the medicine. **Acknowledge** when your child is **halfway done** or after they **take a sip** or portion of the medicine.

5 Be **patient** with your child. Taking medicine can be difficult for a lot of children. Go at a **slow pace** and don't be afraid to **try different approaches**. Give your child **breaks** if needed.

Want to learn more? Click [here](#) to learn more tips on to help children take medication which are recommended by the Children's Mercy Child Life Department.



Guest author, **Megan Johnson**, has been a child life specialist at CM for over 6 years, working primarily with 5 Henson Hall and 6 Hall with the med/surg and infectious diseases populations. She loves to help patients and families throughout the stress of hospitalizations, especially when taking medication is difficult. When not at work, she can be found enjoying time with her 2-year-old daughter, husband and dog!