

# Pill Swallowing

A step-by-step guide with helpful tips

## #1 Prepare



Create a calm and quiet environment.  
Fill up a cup of water and hand the pill to your child.

- ✦ If your child's mouth feels dry, have them take a small drink first.
- ✦ Let your child pick which cup and beverage to use to give them a sense of control.

## #2 Sit Up Straight



Have your child sit up straight and avoid slouching.

## #3 Pill Placement



Have your child place the pill on the back of their tongue.

## #4 The Perfect Sip



Have your child take a sip of water.

- ✦ Bigger sips aren't always better. Experiment to find the right gulp size.

**Helpful  
Tips**

## Celebrate effort and achievement!

Verbal praise and encouragement goes a long way!

Consider providing rewards: sticker, certificate, other prizes your child would appreciate.

## #5 Get Their Head Into Position



Try slightly turning the head to one side or tilting it upward or downward.

- ✦ Switch it up to find the head position that works best.

## #6 Swallow Like A Champ



Have the child swallow the water, avoiding holding it in the mouth too long (the pill might start floating around and lose its position).

- ✦ If your child is taking too long swallowing, count down or set a short timer.

## #7 Keep The Momentum



Have them keep drinking and swallowing (repeat steps 5-6) until the pill goes down.

- ✦ Try the "duck shake" – they can shake their head a little before gulping to ensure the pill moves to the back of their mouth.

## Progress not perfection!

Just like any other skill, pill swallowing takes practice.

- Select practice pills: select a hard candy that resembles your child's pill, as well as various others of smaller sizes.
- Start small – attempt swallowing the smallest size practice pill.
- If your child is successful – try again a couple of more times, until mastered.
- Continue moving up to next size, until target size is achieved!
- Create a progress log to track progress and achievements.



(Nerds, TicTac®, Jelly Belly, Skittles)