# Pill Swallowing

A step-by-step guide with helpful tips

# Scan for more!



## #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



#### 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)