



IWK Health

TIPS FOR SUCCESS IN PILL SWALLOWING

PILL SWALLOWING CHALLENGE

If you decide to do the pill swallowing challenge choose a variety of candy for the practice pills, from small sprinkles to larger candies. Here are some sample sizes.



ORGANIZATION

For organization, it might be helpful to use a pill organizer such as the one below to divide the different sizes of candies.



GIVING SOME CHOICE AND CONTROL

- Allow your child to help to choose between two drinks e.g. water or juice. Giving them some choice will give them a sense of control.
- To add some fun, allow your child to choose whether they want to drink from a sport bottle or straw. You could even use a silly straw!
- When taking a sip of water after placing the “pill” on the tongue, it might be helpful to take 3 gulps of water to limit holding water in their mouth.
- If swallowing is taking longer than expected, consider setting a timer to help keep things on track.



Child Life is
Good Medicine®



MAKE IT FUN



Let the child pick what size candy and the color they start practicing on



Find fun straws or a special cup just for taking medicine



Create a fun mantra with the child that reminds them that they can do this and repeat it



ASK OTHERS

Sometimes children like to hear what works for others. Have them ask their friends and family members if they have any tips or strategies



TIMING IS EVERYTHING

If you can aim to practice or to take medicine when everyone has time and is in a good mindset



REWARDS

Try a reward system like a check sheet or sticker chart where they child can track each time they take their medicine



Please consider any dietary restrictions or allergies and consult your pharmacist before mixing foods and medications



Ask your pharmacist, doctor, or child life specialist for more tips, additional resources, or referrals if needed