Children can be good medicine takers if they learn to.

With a little creativity, parents & caregivers can make their children’s medicine taking an easier experience for themselves as well as their children.

- Be confident, kind and firm about medicine taking.
- Let your child know when you are ready to give their medicine. Even if he/she fusses, the medicine still needs to be given as directed.

**For any further advice**
call Healthline toll free on 0800 611 116 or
PlunketLine toll free on 0800 933 922

**If your child complains about the taste of the medicine:**

- Give a ‘chaser’ of something the child likes after taking the medicine, such as a teaspoon of chocolate sauce or a drink of apple or orange juice or breast milk/breast feed.
- Let your child suck on an ice block to numb the taste buds before taking the medicine.
- Get your child to hold his/her nose while taking the medicine in order to dull the sense of taste.

Some children may prefer to take a tablet or capsule instead of a liquid medicine – talk to your doctor or pharmacist if you think this may be an option for your child.

Try to give your child choices where possible – e.g. whether they want to have their bath before or after their medicine, or what drink they want to have after they’ve taken their medicine, or what sticker they’d like after taking their medicine etc.

DO praise your child for being a good medicine taker.