

How to Teach Your Child to Swallow a Pill

1) Model for your child the steps in swallowing a pill

- Place the pill on the back of your tongue
- Keep tongue flat
- Take liquid in your mouth
- Swallow

Have your child practice using different sizes and shaped of candies....

2) Gradually increase the size of the pill in the following order

- Oblong, multi-colored sprinkles used for cake decoration
- Spherical, silver cake decoration
- Round, multi-colored candy (Smartees or Sprees)
- Red licorice whip cut into 1cm length
- Capsule shaped candy, multi-colored (Tic Tacs or Dynamints)
- Normal sized capsule: The child's actual pill!

Practice as many times as it takes to get accosted to it....Good luck!