

Being able to swallow tablets or capsules is an important life skill

Many medicines come in chewable or liquid form. But some are best taken as a pill or tablet.

As with any skill, learning to swallow a pill takes practice. Teach your child at the right time and in the right way to make it a positive experience that builds your child's confidence.

Below are 6 simple tips to help children learn :

TODAY WE ARE LEARNING HOW TO

SWALLOW PILLS



100 AND 1000'S
Tic Tacs
Smarties



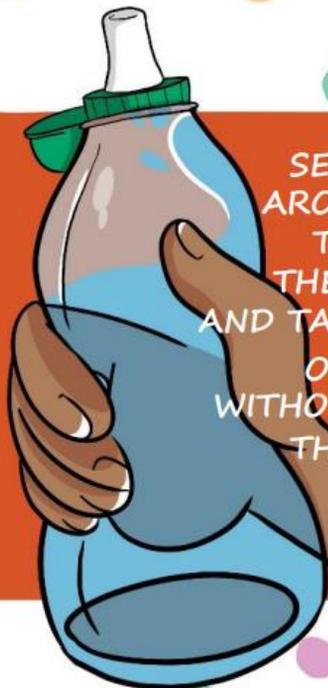
START WITH THE SMALLEST
PRACTISE PILL OR SWEET

GIVE SOME
CONTROL TO THE
CHILD BY LETTING
THEM CHOOSE
ONE FOR
YOU TOO!



PLACE THE
SWEET OR PRACTICE
PILL IN THE MIDDLE OF YOUR
TONGUE

DON'T THROW
YOUR
HEAD BACK



SEAL LIPS
AROUND THE
TOP OF
THE BOTTLE
AND TAKE 3 GULPS
OF LIQUID
WITHOUT PUTTING
THE BOTTLE
DOWN

TRY ANOTHER PILL OR
SWEET FOLLOWING THE SAME STEPS
(NEVER SAY BIGGER ONE!)

REMEMBER, PRACTICE
MAKES PERFECT!



**WELL
DONE!**

For further resources
and tips go to :
[KidzMed - elearning
for healthcare \(e-
lfh.org.uk\)](https://www.kidzmed-elearningforhealthcare.org.uk)