

# Medication Routine

Infant (0 - 1 year)

## Routine

Infants learn through repetition, routine, and changes within their environment.

- Have a specific position and location for medication if possible

Create a consistent before and after activity that are different, this will signal the start of something and the end of something

- Physical soothing touch/infant massage
- Caregiver snuggles
- Soothing voice/music
- Nursing/bottle

Think about other concrete cues, such as taste - popsicle taste before and after medication administration

If this is a longterm medication, using the same words will help infants learn to associate those words with the action of medication as their language develops.