

The why & language

Emphasize the need, how important medication adherence is for their body - individualize and refer back to symptoms the medication is helping with.
Be honest about medical details - how long to take it, how often
Older school-aged child may be able to understand more complex explanations

Practice

Utilize candy to practice if pill swallowing is needed - start small and gradually get bigger after being successful multiple times at each step.
Practice with them or engage siblings or family members who already have the skill to take medication, so not put on the spot
Ask for their input, what they think would help them
Let them know what their role is

Providing Warning

Provide warning:

- 10 - 30 minutes (provide 2 warnings before start time)
- Set alarm or timer if helpful for child

Decide on Structure

Create routine, try for a few days, make adjustments as needed, but focus on consistency and predictability.
Provide time frame they need to complete taking the medication in -

- Some kids may benefit from visual timer, clocks, watches, stop watches (include them in choosing mechanism)
- Some kids may struggle with visual timers and wish to try on their own

As much opportunity for choice and independence - leaving it up to them to complete within the guidelines and rules you have established
Limit number of people present to minimize feeling “pressured”

Following Activity

Tv time/video game/iPad for 20 minutes
Points building up to a greater prize (1 whole week of completing this on your own then on
Friday we... get ice cream, see movie, stay up late, additional tv time
Snack drawer they can pick from
Check in about supporting the teen in talking with their friends about their medication or why they have to take it in a way that feels comfortable for them.