

The why & language

Very simple language (help your body)

Is there is a way to normalize taking medication

- Do family members or peers take medications or vitamins?
- Do family members or peers eat veggies to keep their body strong?

Practice

Show/Play parent modeling though medical play

- Go through step by step getting ready for medication, taking medication, and activity following medication

Allow for them to explore tools/items used - syringe, cup, small sample of medicine on clean surface so they can explore with their hands

Providing Warning

Talk through what you are doing as you are setting up for medication administration

- "You are sitting on mom's lap now, I am putting your medicine in the medicine cup now.."

Encourage child to come freely to take medication if possible

Decide on Structure

Appropriate opportunity for control

- You put in your mouth or I put in your mouth?

Choice but not overwhelming amount

- Sit on floor or sit on mom's lap

Consistency with routine and limit setting

- Concrete cues - count 1, 2, 3
- Only allow for procrastination to last for a couple of minutes then parent can use more of a hug to help child, but also explaining "it appears you need help and I am going to help you"

Follow with different taste in mouth (cracker) ... help conditioning and know that the bad taste is only temporary

Following Activity

Distractible group - change activity right after

Favorite snack (in moderation)

Favorite song on YouTube

Return to play with child - exploration