

Giving your Child Medication/s

Patient information leaflet

**If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Southport Hospital
Town Lane, Kew,
Southport, Merseyside,
PR8 6PN
Telephone: 01704 547 471

Ormskirk Hospital
Dicconson Way, Wigan Road,
Ormskirk, Lancashire, L39 2AZ
Telephone: 01695 577 111

Giving your child medicines

Notes

Every child will need to take medicines at some point during childhood but we know from talking to parents that this can be a worrying time. This information leaflet will explain the best way to help you give your child their medicines safely.

Have a positive attitude

If you are worried about giving medicines this often passes to your child and they also become worried and anxious.

Although it is hard, try to stay positive and try to set time aside so that you do not have to rush to give the medicines. If the child is very upset when you try to give the medicine, please wait for a short while and try again.

It is best not to force the child into submission. It may be easier if you can distract your child with an activity just prior to administration.

Use play and make it fun.

Notes

Be honest

Explain to your child that the medicine is to help them feel better if they are at an age that they can understand. If it is likely that the medicine is needed long term, tell your child.

If you know how the medicine works tell your child as this sometimes helps them to understand why they need to take it i.e. antibiotics kill germs and fight off infection thus making the child feel better.

Incentives

Try not to rely on incentives such as sweets as a treat as this may pose a risk to their teeth. Star charts using stickers, stars or smile faces are very successful and easy to make.

Building up smile faces can then lead to a treat for the child.

Make sure the reward is small enough to be repeated if your child continues to do well taking their medicines.

Empower your child

If your child is having complex treatment, he or she may not feel in control. One way of giving a little bit of control back to them is to involve them when giving the medicines. i.e. letting them hold the spoon themselves or letting them squirt the medicine into their mouth using the oral syringe provided.

Always praise the child if compliant.

Masking

When you collect your child's medicines from the ward staff or Pharmacy ask if the medicine can be mixed with food or drink.

It is also wise to ask if the medicine can be crushed. If so, the medicine can often be mixed with a spoonful of yogurt.

If possible try to mix with fluids or give the child a drink of their choice afterwards.

Advice

If you are having trouble giving medicines to your child, ask for help. Your local pharmacist may be able to help. The doctors and nurses on the Children's ward may give you some helpful tips and suggestions.

The Play Specialists on the Children's Wards are extremely good at suggesting distraction tactics. Ask for help if you think you need it.

Some important points to remember:

- Make sure you know what medicine to give your child and the time between doses.
- Always complete the course of medicine provided.
- Never give your Child's medicine to anyone else for whom it has not been prescribed.
- Never force a child to take medication as this will make it more difficult next time.

If you have any problems ask for help. You can always contact the Children's Ward at any time to ask advice.