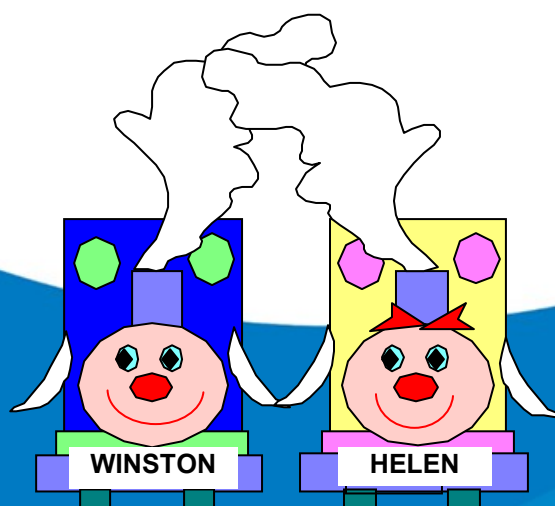


Giving you child medicines

This leaflet can be made available
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.



Giving your child medicines

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!

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 or 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 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 Childrens 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 Childs 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.

Useful Numbers

Ward 3F: 0151 430 1616

Ward 4F: 0151 430 1627

If you have any further questions, please contact your child's consultant via their secretary via the hospital switchboard 0151 4260 1600. The secretaries are available Monday to Friday 9.00am to 5.00pm

If you need to contact the department outside of these hours, please phone either:

Ward 3F 0151 430 1616

Ward 4F 0151 430 1791

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