



Oral Medication Tips and Tricks

Pediatric Patient Education Handout

Medication Safety First

- Use only the dosing device that comes with the medicine (oral syringe or dosing cup)
- Measure doses carefully — kitchen spoons are not accurate
- Give medicine exactly as prescribed
- Check the label every time
- Keep medicines out of reach of children

Tips by Age

Infants

- Use an oral syringe
- Place the syringe inside the cheek, not toward the back of the throat
- Give slowly in small amounts
- Offer a pacifier or breast/bottle after (if allowed)

Toddlers & Young Children

- Let your child sit upright
- Give choices when possible ("Do you want medicine before or after a sip of water?")
- Use praise or a small reward after
- Avoid forcing or holding the child down when possible

Making It a Routine

- Give medicine at the same time each day
- Use reminders or charts
- Keep a medication log if multiple medicines are used

Improving the Taste

- Chill liquid medicine (unless told otherwise)
- Offer a favorite drink or snack afterward
- Ask your pharmacist if the medication can be flavor-mixed
- Use a straw to help bypass taste buds

Do not mix medicine into a full bottle or cup — your child may not finish it.

Call Your Pediatric Provider or Pharmacist If

- Your child refuses every dose
- You're unsure about dosing or timing
- Your child has side effects or an allergic reaction
- A dose was missed or given twice

Remember

Most kids can learn to take medicine with patience, practice, and encouragement. If giving medicine is stressful or not working, we're here to help.