



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
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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)
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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
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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
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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.