

Helping your Child Manage Medication Effectively

- Talk to your child about the importance of taking medication
- Develop family routines for taking medication at the same time each day
- Give your child some responsibility for taking medication but make sure it gets done: charts are useful to keep track of this
- Pill boxes to store medication may be useful in helping your child take medication
- Make sure you let your child know you are proud of him or her for taking medication
- Using a point system in which a young child earns points and privileges (e.g., watching TV, a favorite food) for continuing to take his or her medications effectively over a period of time
- If your child continues to have difficulty with taking medication talk with him or her about what is getting in the way and work together to come up with ways to change what is getting in the way. Try these solutions and see how they work and change them as needed.

(see handout on [problem solving guide for family members](#))