

## **Solutions to Not Being with Your Child When It Is Time to Give the Medicine**

You might consider some of the following ways to work on the problem you identified of not being with your child when it is time to give the medicine.

### **Involve child**

Children who are old enough can often be involved in taking their medicine if they understand why it is important. It is good to explain to your child how important it is to take the medicine to control asthma for now and for the future. You could remind him/her of times when asthma was worse due to not taking medicine. Children want to be grown up and take care of things. Sometimes they remember even better than adults who have too many things on their mind. Perhaps your child has daily routines, such as brushing teeth, which can remind him/her to ask for medicine.

### **Talk to others involved**

Sometimes other people who are with your child when it is time for him/her to take his medicine just need to understand how important it is. Explain what can happen to your child if s/he does not take his medicine on a regular basis, such as a bad asthma attack or needing to go to the emergency room.

### **Suggest reminders to others**

Sometimes other people who are with your child when it is time for him/her to take his medicine might forget to give it to him/her. Suggest that this person set some kind of reminder on their phone or oven clock. You might even call them at that time. Or suggest that the person give the medicine at the same time something else happens, like getting a snack or brushing teeth, so that it is easier to remember.

### **Change schedule of medicine administration**

You might ask the doctor about changing your child's medicine schedule so that the person having trouble giving medicine is no longer responsible for giving the medicine.

### **Provide permission form**

If the person who needs to give your child his/her medicine feels uncomfortable or is not allowed to do it, sign a permission form. A signed form also makes it a required or expected part of their job.

### **Provide asthma information sheet**

It is very important that your child receives his/her medicine regularly. See the handout for more details on why giving medicine regularly improves asthma control.