

Solutions to Being Too Busy to Give Medication When You Are With Guests

You might consider some of the following ways to work on the problem you identified of being too busy to give medication to your child when you are with guests.

Adjust schedule of meds

Try adjusting the schedule of your child's medicine the day you will be with guest so that you give them either right before or after you are with your guests.

Plan ahead for time/place

If you know you will be with guests when it is time to give your child medicine, plan a time and place ahead of time.

Involve child in taking own meds

Children who are old enough can often be involved in taking their medicine. Children want to be grown up and take care of things. Plan in advance with your child for him/her to take the medicine at a certain time while you are with your guests.

Set reminder

It is easy to forget to give medicine when you are with guests. Set a reminder for yourself on your watch or your phone.