

Solutions to Not Wanting Others to Know Your Child Takes Medication

You might consider some of the following ways to work on the problem you identified of not wanting others to know your child takes medicine.

Adjust schedule to give meds when others not there

Try adjusting the schedule of your child's medicine that day to give them either right before or after you are with other people you don't want to know about the medicine.

Give meds in private place

If you know you will be around people who you don't want to know about your child's medicine, plan a private place and time in advance with your child.

Read 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.