

Solutions to Your Child Being Embarrassed to Take Medication

You might consider some of the following ways to work on the problem you identified of your child being embarrassed to take medicine in front of friends or family

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 friends or family.

Give meds in private place

If you know you will be around friends or family when it is time to give your child his medicine, plan a private place and time in advance with your child.

Talk to child about importance of meds

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.

Give your child asthma education

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