

Solutions to Your Problem of Being Too Busy to Give Medicine

You might consider some of the following ways to work on the problem you identified of being too busy to give medicine.

Involve child

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 certain times every day.

Involve school

Tell your child's school about the schedule and call your child into the nurse's office when it is time to give the medicine.

Involve other caregivers

Tell other people who care for your child about the medicine schedule so that they can remember to give them.

Involve family members

Tell other family members about the medicine schedule so that they can remind you or your child when it is time to give them.

Create schedule

Set up a schedule for giving the medicines. You will be less likely to forget if you give them the same time every day.

Create reminders

It is easy to forget to give medicine when you are busy. Set a reminder for yourself that repeats everyday on your watch or your phone.

Link meds to other scheduled activity

Sometimes it is easier to remember to give your child's medicine if you give it at the same time as other things that are already scheduled or routine, such as brushing his/her teeth.