

Solutions to Problem of Medicine Not Being Available at Certain Places

You might consider some of the following ways to work on the problem you identified of medicine not being available at certain places.

Adjust schedule of meds

Try adjusting the schedule of your child's medicine so that your child will be at home or somewhere else where the medicine is available when it is time to give them.

Plan ahead for time/place

It is a good idea to plan ahead for giving your child his/her medicine every day. Think about where your child will be when it is time to give them. Then, you can plan to take the medicine with you if you will be out or send your child with medicine if s/he is not going to be with you.

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 bring the medicine with him/her and to take the medicine at the right time.

Set reminder

It is easy to forget to give your child the medicine to take with him/her or to take the medicine with you on a day when your child will be in a place where the medicine is not available. Set a reminder for yourself on your watch or your phone to bring the medicine with you or send it with your child before s/he leaves.