

Solutions to Problem of Your Child Disliking the Taste of the Medicine

You might consider some of the following ways to work on the problem you identified of your child disliking the taste of the medicine.

Help your child understand why the medicine is important

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.

Change medicine

Ask your doctor about trying a different medicine.

Put medicine in food child likes

Try putting the medicine in some food your child particularly likes

Improve technique for inhaler

Remember to read the handout your doctor gave you or access it in your careportal. Practice with your child using the new technique.

Add flavor to liquid medicine

Try adding some type of flavoring your child likes to the liquid medicine.

Offer sweets after meds

Offer your child some sort of sweet food after s/he takes the medicine.

Use incentives

Perhaps your child will be more motivated to take the medicine if s/he gets some type of reward for doing it. Remember to choose something s/he likes that is also good for him/her, like going to a special place after a full week of taking the medicine.