

## **Solutions to Being Child Being Too Busy to Take Medicine**

You might consider some of the following ways to work on the problem you identified of your child being too busy to take 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.

### **Adjust the medicine schedule for less busy times**

Try adjusting the schedule of your child's medicine so that s/he can take it at a time when s/he is not so busy.

### **Create a routine to speed up the process**

See if you can follow the same steps every time you give the medicine to make it faster. Work with your child on the process so s/he can cooperate. It also might be helpful to assemble everything you need before you call your child for the medicine.

### **Give the medicine during another activity**

Try giving the medicine while your child is doing another activity, like watching TV or riding the car on the way to an activity.