

Solutions to Problem of Your Child Refusing to Obey You

You might consider some of the following ways to work on the problem you identified of your child refusing to obey you when you ask him/her to take the medicine.

Use reinforcers and consequences

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. It is also important to have consequences for your child for not taking the medicine. Take away some privilege or toy if s/he refuses.

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.

See a therapist with your child

Use the resources database in CHADIS or any recommended by your child's doctor. Ask the therapist to help you get your child to take the medicine and to help your child understand why it is so important.