

Solutions to Your Problem of Forgetting to Give Medicine

You might consider some of the following ways to work on the problem you identified of you or others forgetting to give your child's medicine.

Schedule 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.

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.

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.

Link meds to other scheduled activity eg tooth brushing, meals

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.