

CRUSH IT!

How to Give Your Child Pills

Follow the steps below when you can't get a liquid or chewable form of medicine for a child that has trouble swallowing pills.



Safety Check

Before crushing a pill, ask your pharmacist, nurse or doctor if it is safe to do. Not all medicines can be used this way.

For "capsules," which are pills with a shell:

1. Wash your hands.
2. Open the shell and sprinkle the powder into juice, applesauce or jam.
3. Immediately feed your child the mixture.

For "tablets," which are pills without a shell:

1. Wash your hands.
2. Place the tablet into a small, dry bowl or teacup.
3. Crush the pill into a fine powder with the back of a dry, metal spoon. Break up all big pieces.
4. Sprinkle the powder into juice, applesauce or pudding.
5. Immediately feed your child the mixture.

For tips to help your child swallow pills, see reverse. >

Questions? _____

WHERE THERE'S A PILL, THERE'S A WAY.

Common Foods & Drinks to Mix a Pill Into



- Chocolate or lemon pudding
- Strawberry, chocolate or caramel syrup
- Applesauce
- Jam
- Ice cream
- Yogurt

Important Safety Information



Make sure your child eats all of the food the medication is mixed in!



Medicines should never be baked into food.



Ask your local pharmacist if there are any foods your child should avoid when they start a new medicine.

You Can Do This!



STAY CALM • If your child sees that you are calm, it will help them stay calm.

BE FIRM • If your child resists, be firm and give a reason. ("You must take it. It will make you feel better.")

CELEBRATE SUCCESS • Hug your child or give them a big high-five after they take the pill.

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