

# Remembering to Take Medication

Having a child who needs medication every day can be a challenge. Many families *intend* to give their child's medication as prescribed, but sometimes simply forget. Your child may need to take medication several times a day and it is hard to remember if you gave each dose. Here are some tips that may help you.

## Use signs or symbols

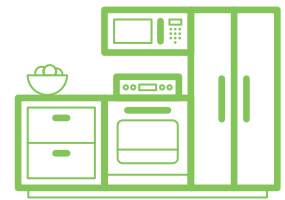
- Post notes in places you see often, like the refrigerator, bathroom mirror or front door. Change the location of the notes every once in a while.
- Wear a bracelet or some other object that reminds you to give the medication.
- Make yourself a calendar or schedule that you can put on the refrigerator or someplace else that you will see.



## Keep the medication where you can see it

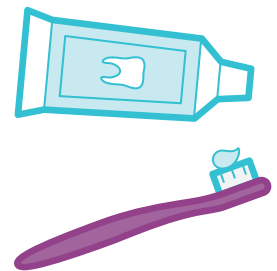
You want to keep the medication where children cannot reach but where you can see them.

- Use a pillbox and place it at the back of the kitchen counter.
- Keep it in a place that you walk by every day.



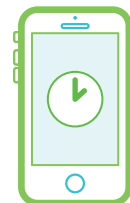
## Link giving the medication with a routine

- At mealtime
- When your child brushes their teeth
- At the same time each day, like at 8 am and 8 pm
- Give your child their medication at the same time you take your medication
- Come up with a time that has meaning for your family



## Use technology as a reminder

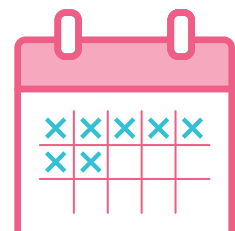
- Set an alarm—on your cell phone, stove, TV, activity tracker or other electronic device.
- If your child is taking medication at school, send them a text message as a reminder.
- Put a free smartphone app on your phone—ask us for more information about this!



## General tips for parents

Plan ahead if you are going on vacation or changing your routine in some way.

- Try to get extra medication from the pharmacy if you are leaving the area.
- Print out a medication schedule that you can take with you.
- Keep extra doses of medication in your purse, backpack or sleepover bag in case you forget to bring their medication with you.



# At-Home Plan for “Remembering to Take Your Medication”

## Plan to help give every dose of medication. Which plan did you pick?

- Visual reminder    Pair with Routine    Person Reminder    Alarm    Smartphone App
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## Who will be involved?

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## Where will this happen?

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## When will this happen?

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## How will you know it’s working?

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## If this plan does not work, we will try:

- Visual reminder    Pair with Routine    Person Reminder    Alarm    Smartphone App
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## If we need help, we can call:

- Nurse \_\_\_\_\_
- Social Worker \_\_\_\_\_
- Other \_\_\_\_\_