

# Top Tips

## for Tablet Taking

- 1 Do not use tablets for **practising**
- 2 Check size of medication and which tablets can be **cut up or taken with food**
- 3 Practise swallowing methods and **pick one** rather than changing each time. *Example, Big Gulp method with an open cup*
- 4 Don't do practise session around **time medication is due**
- 5 Make the sessions **fun**
- 6 Start small and work up in size
- 7 Involve **family members** and practise together
- 8 Do not move onto a bigger size until **confident**
- 9 Give lots of **encouragement and praise** - reward charts, certificates etc
- 10 Remember swallowing is a **natural reflex**

### Ways to help engagement and make sessions fun:

#### Set rules & boundaries

What time of day you are going to practise and how long for.

#### Discuss what reward programme you are going to use

Stickers / treat / screen time / park etc.  
It does not need to be new toys.

#### Involve their interests

- If they like baking then decorate buns with the cake sprinkles while they practise swallowing them
- Play turn taking games and every time it's your turn you practise swallowing
- Challenge other family members, see what size sweet they can swallow
- Have a small clear bottle with removable lid can show them how easily the sprinkle/sweet passes through the neck of the bottle and compare to throat.
- Every time they swallow an item they put one in bottle for visual of what they have achieved.



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