

Tips for Giving Medicine Safely to Children From the Connecticut Poison Control Center

- ❖ Never guess on the amount of medicine given. Kids aren't just small adults; half an adult amount may be more than your child needs - or not enough to help.
- ❖ Always check for the proper dose and be sure you are giving the right medicine to the right child. Read the label – every time.
- ❖ It can be confusing when there are multiple caregivers giving medications to a child. Communicate with each other – consider writing down each dose given.
- ❖ Know the abbreviations for tablespoon (Tbsp) and teaspoon (tsp). Don't confuse them.
- ❖ Avoid making conversions. If the label says two teaspoons and you're using a dosing cup with ounces only, get another measuring device.
- ❖ Only use the measuring device that came with the medicine, such as a dropper, medicine cup, or dosing spoon. Do not substitute another device.
- ❖ Never play doctor. Twice the dose is not appropriate just because your child seems twice as sick.
- ❖ If your child is already taking one medicine, check with your doctor before adding any other medicines to be sure they are compatible.
- ❖ Always follow the age limit recommendations. If the label says don't give to children under 2, don't give it without checking with your doctor.
- ❖ Always use the child resistant cap and remember caps aren't *childproof*. Most poisonings happen when a product is in use. Return the container to the cabinet immediately and keep all medicines up and away and out of sight, and if possible locked up.
- ❖ Discard all expired and unused/leftover medicines.
- ❖ In case of an error in administration or accidental ingestion, don't wait for symptoms to appear; call the Connecticut Poison Control Center at 1-800-222-1222.

For more information go to our website at <https://health.uconn.edu/poison-control/>



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