

TODAY WE ARE LEARNING HOW TO SWALLOW PILLS

FIND A COMFORTABLE PLACE WITH NO DISTRACTIONS

YOU CAN TRY THIS TOGETHER!

LET THE CHILD CHOOSE THEIR OWN DRINK

THIS CAN BE MILK, WATER OR SUGAR FREE JUICE

100 AND 1000'S Tic Tacs Smarties

START WITH THE SMALLEST PRACTISE PILL OR SWEET

GIVE SOME CONTROL TO THE CHILD BY LETTING THEM CHOOSE ONE FOR YOU TOO!

PLACE THE SWEET OR PRACTICE PILL IN THE MIDDLE OF YOUR TONGUE

DON'T THROW YOUR HEAD BACK

SEAL LIPS AROUND THE TOP OF THE BOTTLE AND TAKE 3 GULPS OF LIQUID WITHOUT PUTTING THE BOTTLE DOWN

TRY ANOTHER PILL OR SWEET FOLLOWING THE SAME STEPS (NEVER SAY BIGGER ONE!)

REMEMBER, PRACTICE MAKES PERFECT!

WELL DONE!

*SEE BACK FOR CERTIFICATE