

# Top Tips for Pill Swallowing

1. **Try the lazy toad swallow!** 'Did you know that toads catch the insects they eat with the tip of their tongue and then schlurp! and gulp them down. Try the lazy toad swallow by placing your tablet on the very tip of your tongue. Take a sip of drink, tilt your head back as far as you can and then swallow hard'
2. **Try the alien slimy swallow!** 'Did you know that aliens like slimy, oozy, squishy things to swallow? It helps make their throats even more slippery. Practice the alien slimy swallow by taking your tablet with a teaspoon of slippery food, such as yogurt, chocolate mousse or caramel pudding'
3. **Try the pampered puppy swallow!** 'Pretend you are a puppy being tickled under the chin when you swallow. Place your tablet on your tongue and fill your mouth with your favourite drink. Now close your mouth and do the pampered puppy swallow by tipping your head back and tickling yourself under your chin and on your throat as you swallow'
4. **Try the slippery fish swallow!** 'Pretend you love to drink water like a fish. Place the tablet inside your mouth and drink as much water as you can, holding the water in your cheeks. Now do a slippery fish swallow and swallow until all the water in your mouth is gone along with the tablet'

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