

## Measurements Count

Because children vary in size at any age it is important to dose all medicines (including prescription and non-prescription medicines) based on their weight. Age is not always an accurate measurement of how much medicine your child needs. Ask your pharmacist about how to find the right dose for your child.

Use measuring devices that come with the medicine you get for your child. If no device is included in the package, ask your pharmacist to include one for you. Using measuring devices carefully will help to ensure that your child is receiving the correct dose. Using household spoons may not be as accurate as you may think. For example, 5ml is 1 teaspoon. The average household teaspoon may range from 3ml to 7ml.



## *Tips for using a measuring device:*

Many children's medications, such as antibiotics, are in the form of a liquid suspension that can separate. Be sure to shake these medicines well before using a measuring device.



**Dosage cups** are for children who can drink from a cup without spilling. Look closely at the numbers on the side; measure out the liquid with the cup at eye level on a flat surface.

**Cylindrical dosing spoons** are for children who can drink from a cup but are still prone to spill. Measure the liquid in the spoon at eye level, and have the child sip the medicine from the spoon.



**Droppers** are for children who can't drink from a cup. Give the medicine to the child quickly before the medicine drips out.

**Syringes** are another option for children who can't drink from a cup, allowing you to squirt the medicine into the back of the child's mouth. If a syringe comes with a cap to keep medicine from leaking out, remove and discard the cap (a choking hazard) before giving the medicine.



# Medication Safety & Your Child

## Medicine Safety Tips:

- Only give your child medicines prescribed for them and over the counter medicines that are appropriate for their age and weight.
- Read labels carefully to dose correctly
- Take leftover, unused, or expired medicines to your pharmacy to be discarded
- Do not give your child any aspirin or aspirin containing medicines
- Store all medicines in child-safe containers
- Ask your pharmacist if you are unsure



## Saskatchewan Poison Centre

**1-866-454-1212**

- Free 24/7 and confidential
- For information regarding ingestion and contact with:
  - Medication overdose
  - Chemicals
  - Pesticides
  - Snake & Spider Bites
  - Drugs
  - Plants & Mushrooms



## Measuring Devices

## Safety Tips

## Poison Control