Treatment for pediatric cancer and blood disorders often includes detailed medication regimens. Some children may experience difficulties taking medications on a consistent basis. Use of specific strategies may increase success with medication routines.

**Possible Challenges with Medication Routines:**
- Taking medication consistently:
  - Correct amount
  - Correct time of day
  - Correct way (i.e. with food, on an empty stomach)
- Responsibility for medication routine:
  - Single vs. multiple caretakers
  - Parent supervision vs. child independence

**Helpful Strategies:**
- **Talk it through:** Have an honest discussion with your child about why they need to take medications and how it is administered. Be sure to use language that they will understand.
- **Organize the routine:** Keep all medications in the same place, set medications reminders (alarms, written), and keep track of supplies/time for refills.
- **Consider adjustments:** Talk to your medical providers about options that may make taking medication easier.
  - Determine if medication comes in pill vs. liquid, if flavoring can be added, or if medication administration times can be moved or combined.
- **Set the stage for success:** Keep medication times consistent, don’t interrupt a fun activity to give medications, reduce distractions, and provide consistent supervision.
- **Pair success with positivity:** Provide your child with verbal praise for participating in their medication routine. For particularly difficult hurdles, consider using a sticker or prize chart to encourage success.

**Who to Ask for Help:**
- Medical providers: May be able to modify type of medication (i.e. pill vs. liquid) or suggest other modifications.
- Psychosocial providers: May be able to assist with identifying barriers and problem-solving with your family’s unique circumstances in mind.