

# MY CANDY CHALLENGE



Learning to swallow medication can be tricky but The Candy Challenge can help! You need Four (4) Candies, from really small to the size of your pill and some water!

1) Take a small sip of water and swallow it right away



2) Take the smallest candy and put it on your tongue. Then do step one again.



3) Once you can swallow the smallest, work your way up to tiny, then mini, then little and then you'll be ready for your medication!



Try #1

Try #2

Try #3

Smallest

Like a Sprinkle

Tiny

Like a Nerd

Mini

Like a TicTac

Little

Like a Skittle

**GOAL!**

Take your medication the way your Doctor told you to