

Transforming Autism Workshop 2.0:

A Live, Interactive Event

10 Strategies to Help Get Supplements into Kids

By Luminara Serdar



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1

Put them in Grape Juice

Hide supplements in organic grape juice. This helps to hide the darker colored supplements for those who see dark and then won't want to drink it. Open capsule contents and dissolve in just a couple sips of the juice because

- It's less sugar they ingest.
- Your child may not drink a lot of the mix.



2

Use Honey or Maple Syrup

This is a real treat for some kids who are limited in the amount of sugar they are allowed. This is best for the nastier tasting herbs that are harder to get down.



3

Put in a Smoothie

Mix up a healthy, nutritious smoothie with ingredients your child likes. Take about a tablespoon and mix the supplements in that amount. Then spoon feed it to your child. This way, they get ALL the supplements in one 'bite', even if they don't finish the smoothie.



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4

Put in a Frozen Pop

Blend some of your child's favorite fruits and add in supplements. Freeze in ice cube trays or popsicle-type molds.

Kids tend to like frozen treats like this and are less likely to taste the supplements because of the cold.



5

Add to Oatmeal or Yogurt

Mix a small amount of one or more supplements in spoons of oatmeal. Add a little to each bite so it doesn't taste herb-y or vitamin-y.

Consider adding a spice, like cinnamon, to help hide the supplement flavor.



6

Use a Squeezey Fruit Pouch

Puree fruit (and maybe sneak in a veggie or two!) and put into a reusable baby food pouch with supplements inside.

Lots of kids love to squeeze the contents into their mouths. And the color of the supplement is hidden inside the pouch.



7

Use a Syringe

Use a syringe (no needle attached) to put the supplements into water or juice and squirt them into the back of your child's mouth.

This can seem a little forceful, so I use it as a last resort.



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8

Use an OraFlow Cup

The capsule sits in the top straw-like structure of the cup.

As a child drinks, the liquid comes into and through the straw-structure, with the capsule easily flowing into the mouth and swallowed.



Teach your child how to swallow pills. Method 1

Open up a regular sized capsule and put the contents into a size 5 empty capsule, which is the smallest size available, about the size of a raisin.

Have your child practice taking these small sized capsules.



9

10

Teach your child how to swallow pills. Method 2

Have your child try swallowing whole (without chewing) something very small like a currant or a cake sprinkle*. Then have them try something a little bigger like a raisin.

You will have a feel if your child is able to take capsules if they gag or are able to swallow these small items. Once they can swallow a raisin without chewing, graduate to size 5 capsules (see Method 1 above).

*Cake sprinkle only recommended if you're desperate or OK with giving pure sugar!



Kids feel really proud when they learn how to swallow a capsule!

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