

## **Children and Meds: Building Responsible Patients**

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When thinking about the role of parents, two things come to mind. The first is to create a safe environment for their children. The second is to help their children grow up to be responsible adults. These two goals also apply to the use of medications. Parents can help their children safely use medications by making sure they are properly medicating their children and by setting good examples in managing their own medications. Information on how to medicate children, can be found on web site of the Food and Drug Administration ([FDA](#)). Find the “search” box on the FDA home page and type in “children”. This will bring up a list of writings that will include: “How to Give Medicine to Children”.

By teaching children about the whys and wherefores of medications, parents can also help children begin to build the knowledge and skills that will help them be responsible patients in their own rights. Online resources for teaching children about medications include: [www.kidshealth.org](http://www.kidshealth.org) (a site for children and parents) and the [US Pharmacopeia](#) site. Another aspect of helping children grow up to be responsible when it comes to the use of medication is that of helping them understand the risks of, and resist, the overuse of medications, illicit drugs and addictive substances. To this end, teenagers can find a peer-reviewed, online catalogue of books (both fiction and non-fiction) and videos, offered by the [Health Information Project](#) of the Mid-Hudson Library System. Although the project aims to reach teenagers, its site has a section for parents as well.

For those living within the Library’s service areas, catalogued items may be borrowed at local libraries. Those who live outside the service areas can also benefit from a visit to the site. They can learn about books that other teenagers have recommended which can then be sought at their local libraries or purchased from bookstores.□

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