

Here's Help: How to Give Your Child Eardrops

Here's how to give your child eardrops.

To start, warm the drops by holding the bottle in the palm of your hand for a few minutes.

Cold drops can be uncomfortable.

Have your child lie down... maybe with their head in your lap... with the ear facing up.

If your child is smaller, you can try holding your child on your lap with their head on your knees and their legs around your waist.

Follow your doctor's or the label's directions exactly for how many drops to use.

Squeeze the bottle gently to place the drops inside the ear.

Now, gently move the outer ear to help move the drops down into the ear.

That's right... hold the pose for a little while.

While you both wait, you could read a book or watch a favorite show.

This can help your child hold still too.

Try to keep the liquid in the ear canal for 3 to 5 minutes.

That's it!

It just takes a few minutes.

Remember, when you're relaxed and calm, your child will be more relaxed too.

And drop by drop, your child will be better soon.

And if you have any questions, you can always call your doctor or pharmacist for help or ideas.