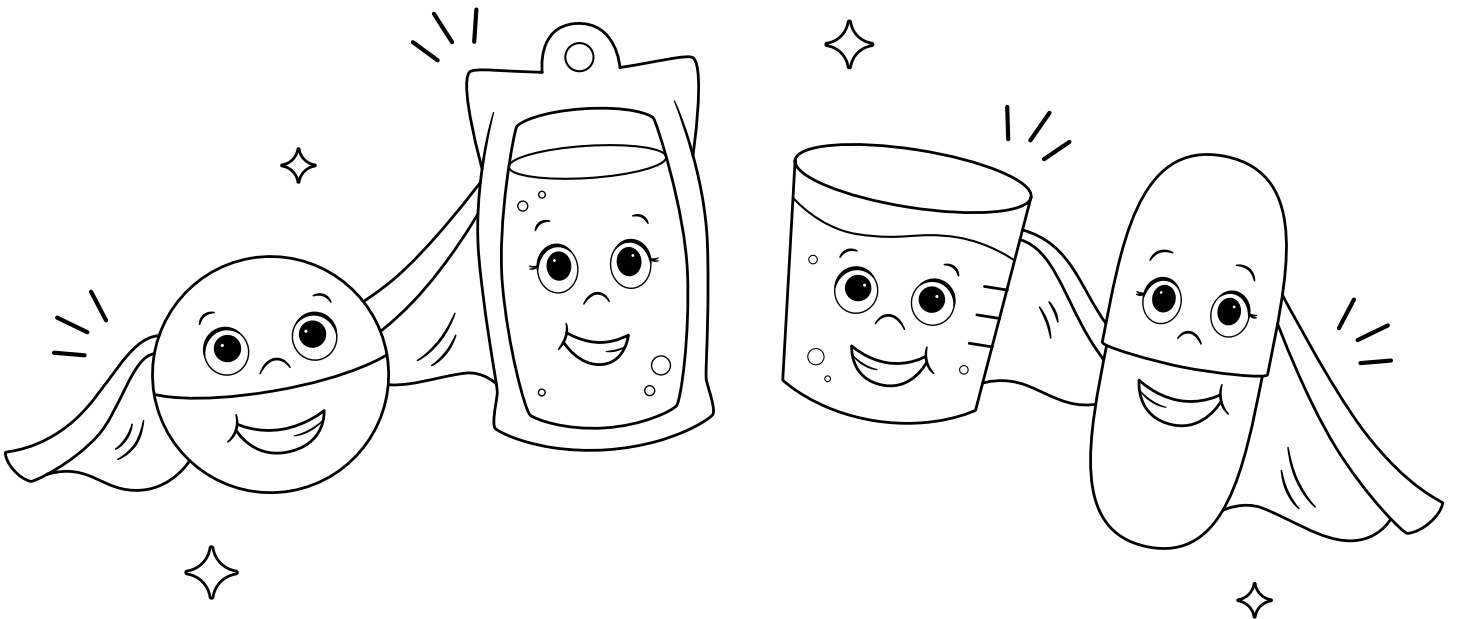


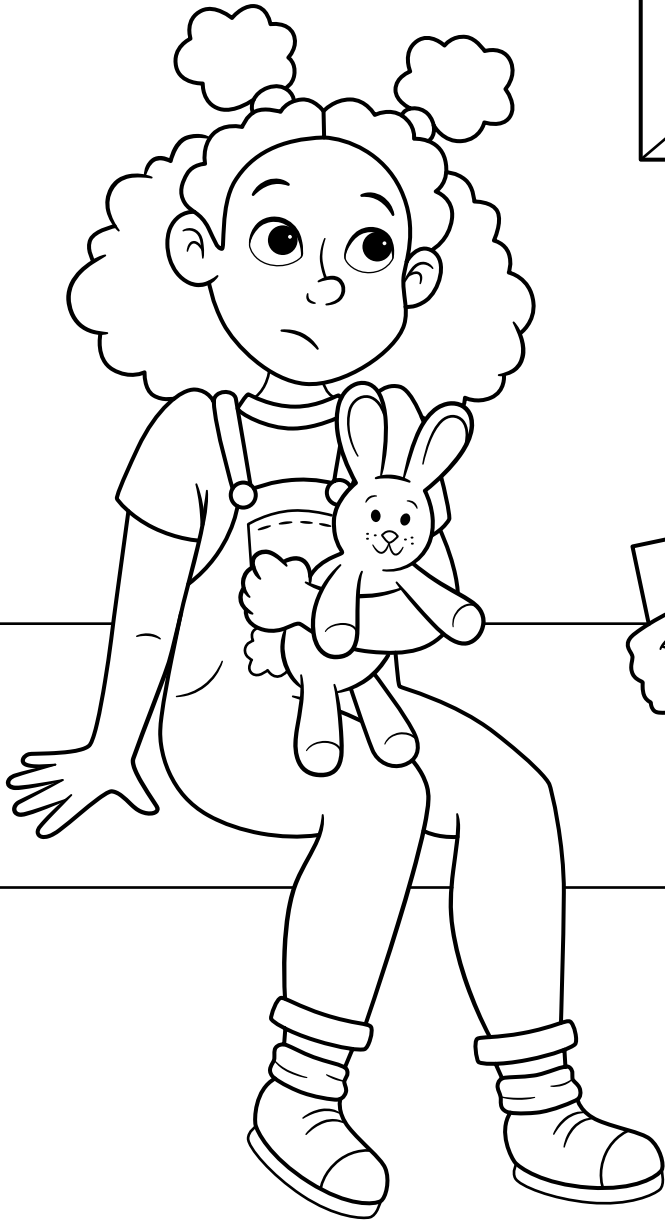
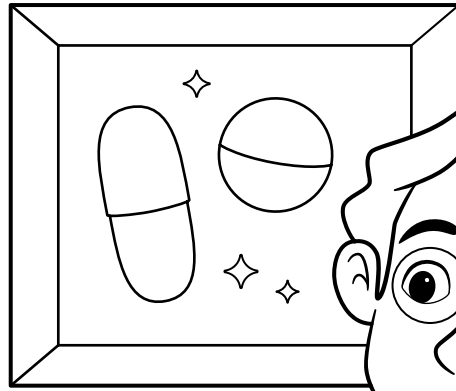
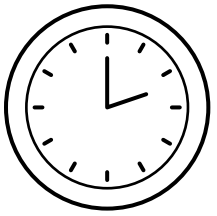
Riley Takes Medicine

A HEALTH EDUCATION COLORING BOOK



Together

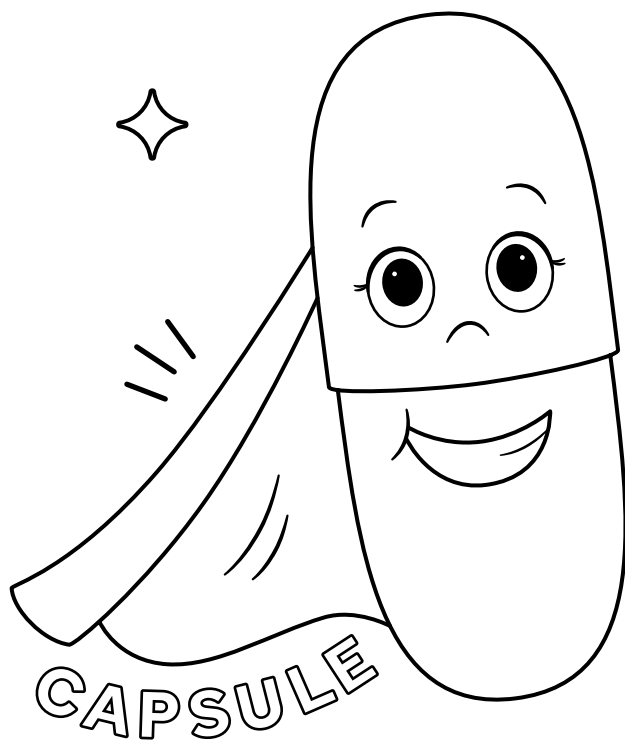
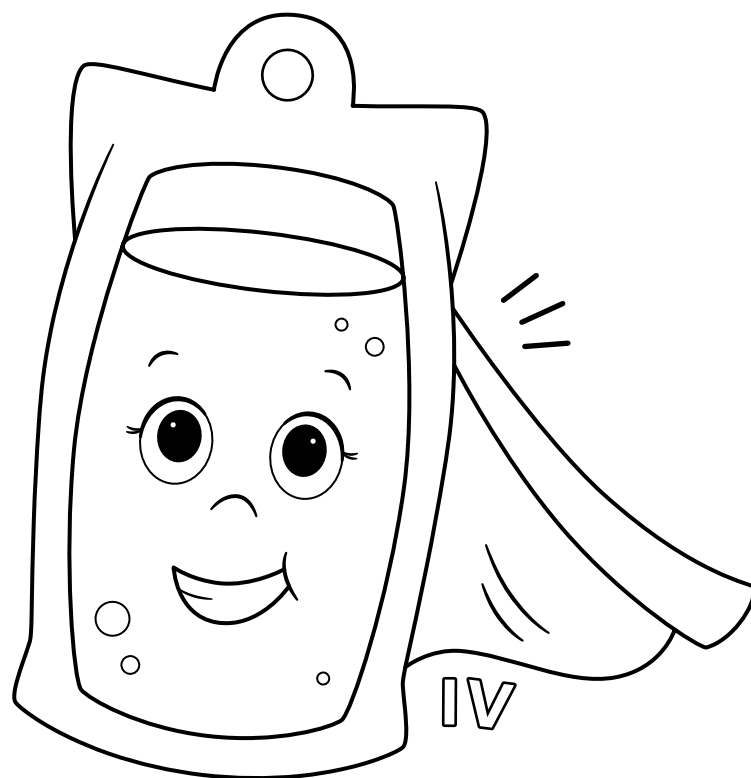
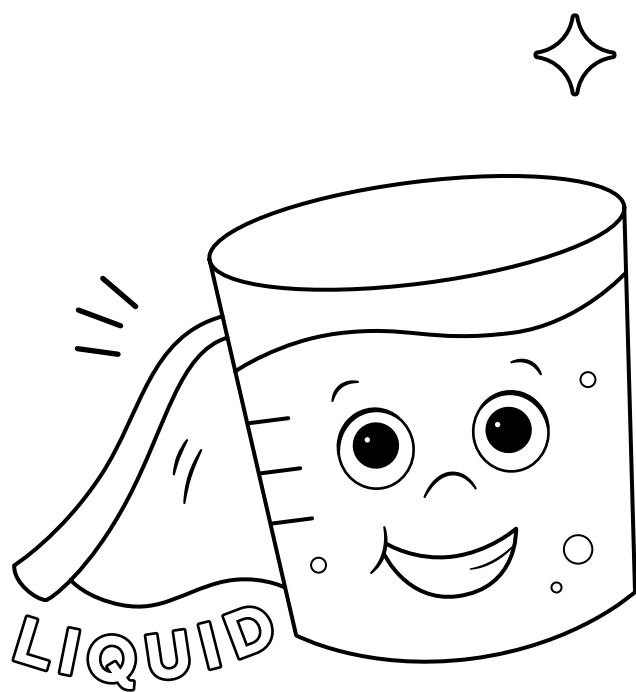
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Riley is feeling sick. She goes to the hospital to see Dr. Kim.

He tells Riley that she will need to take a new medicine.

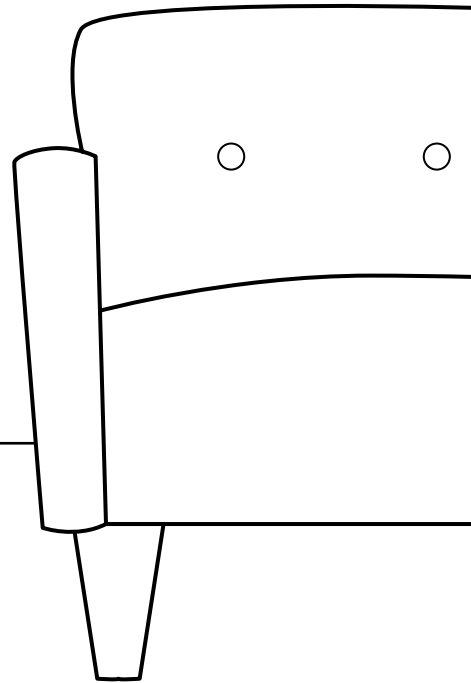
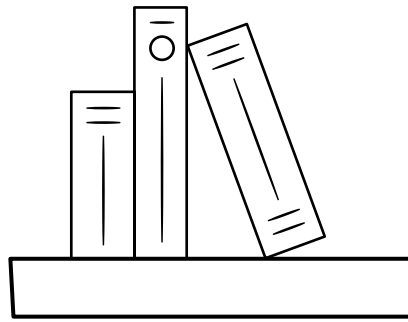
Medicine is kind of like a super hero helping your body when something isn't working right. Did you know that there are different ways to take medicine?



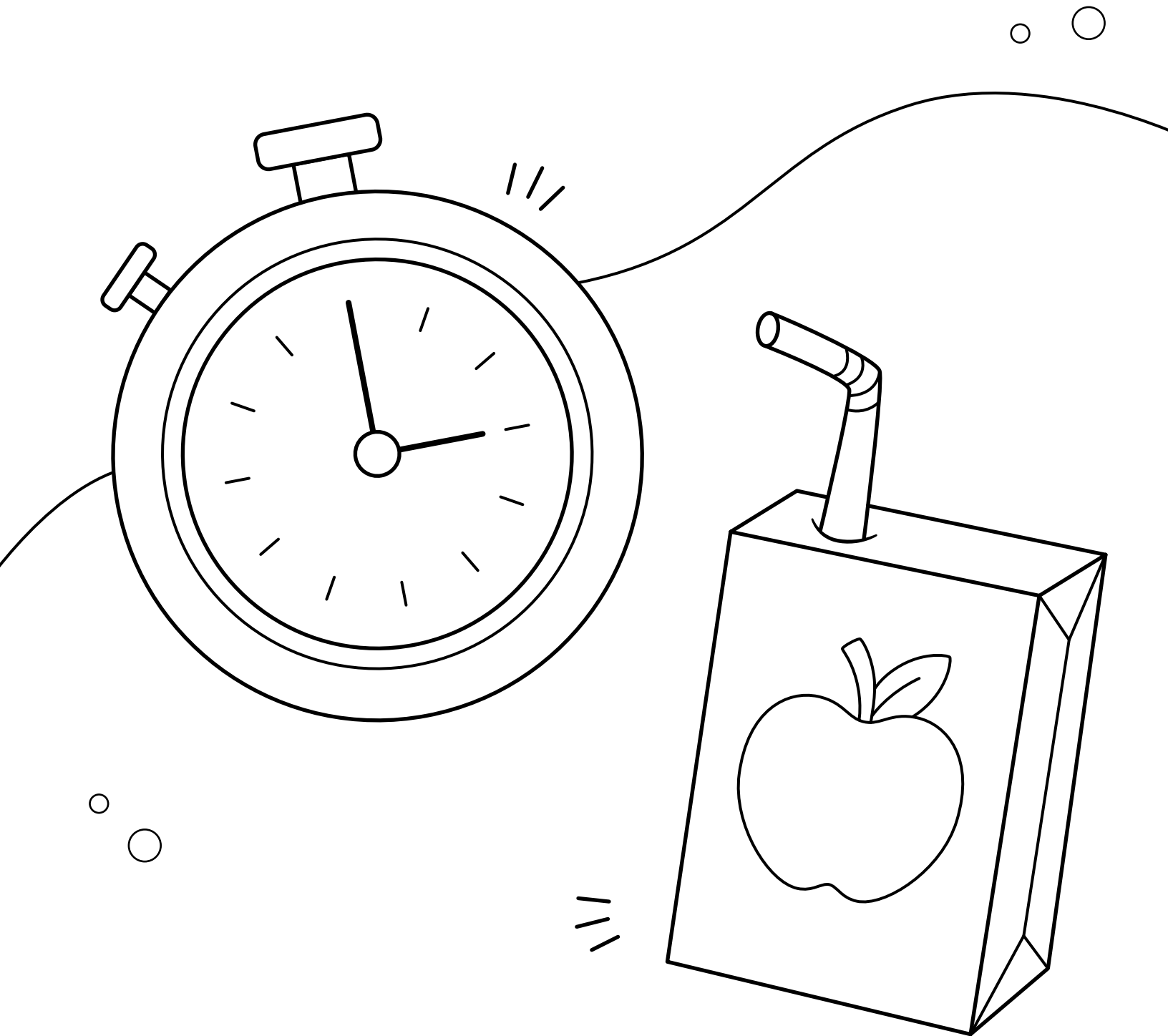
Circle the types of medicines you take.

The type of medicine Henry takes is a liquid.

“Hi, I’m Henry! My medicine is cherry-flavored! I think it tastes better with apple juice.”



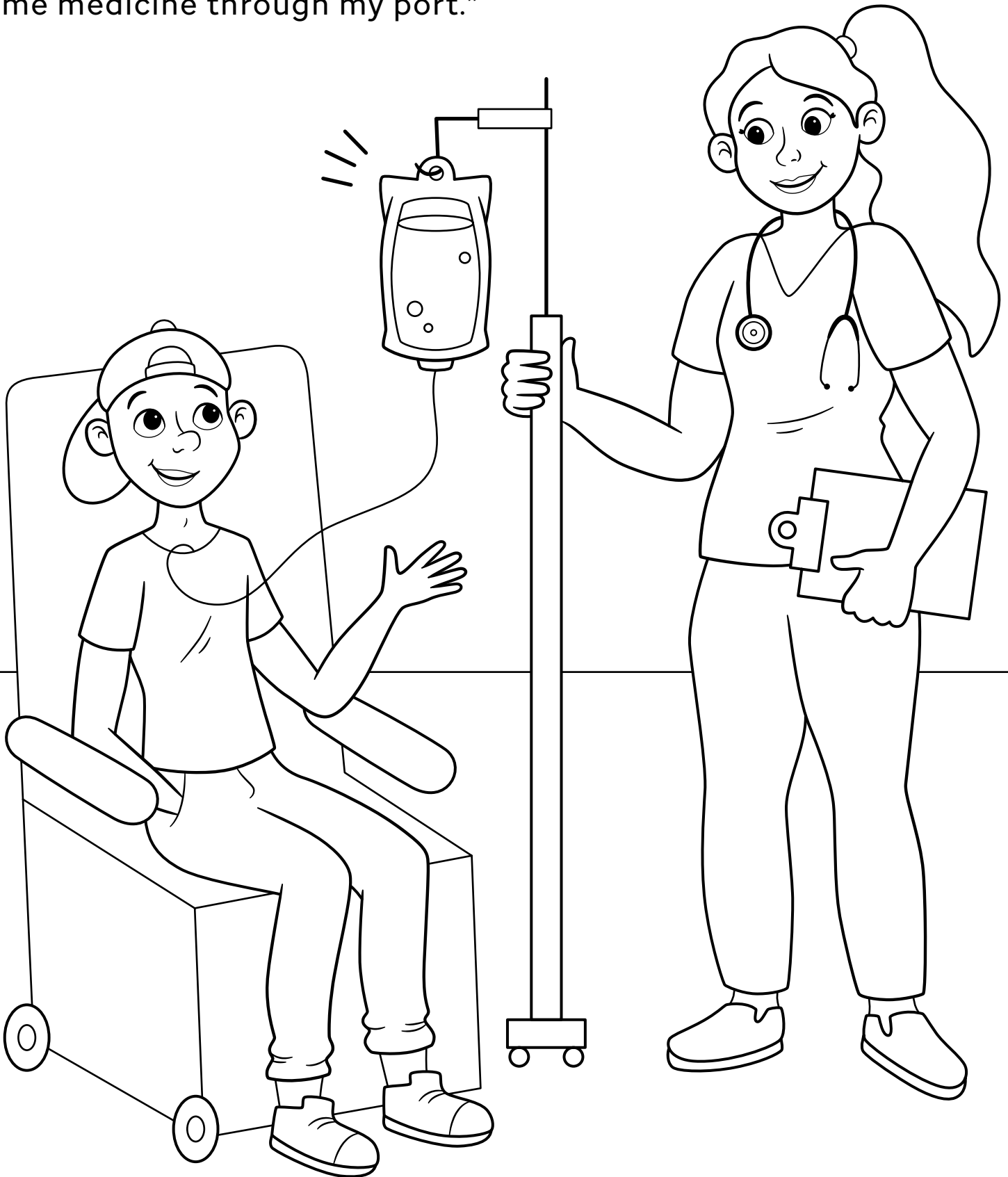
Sometimes, you have to take medicine on an empty stomach. This means that you have to wait a while before you can eat or drink.

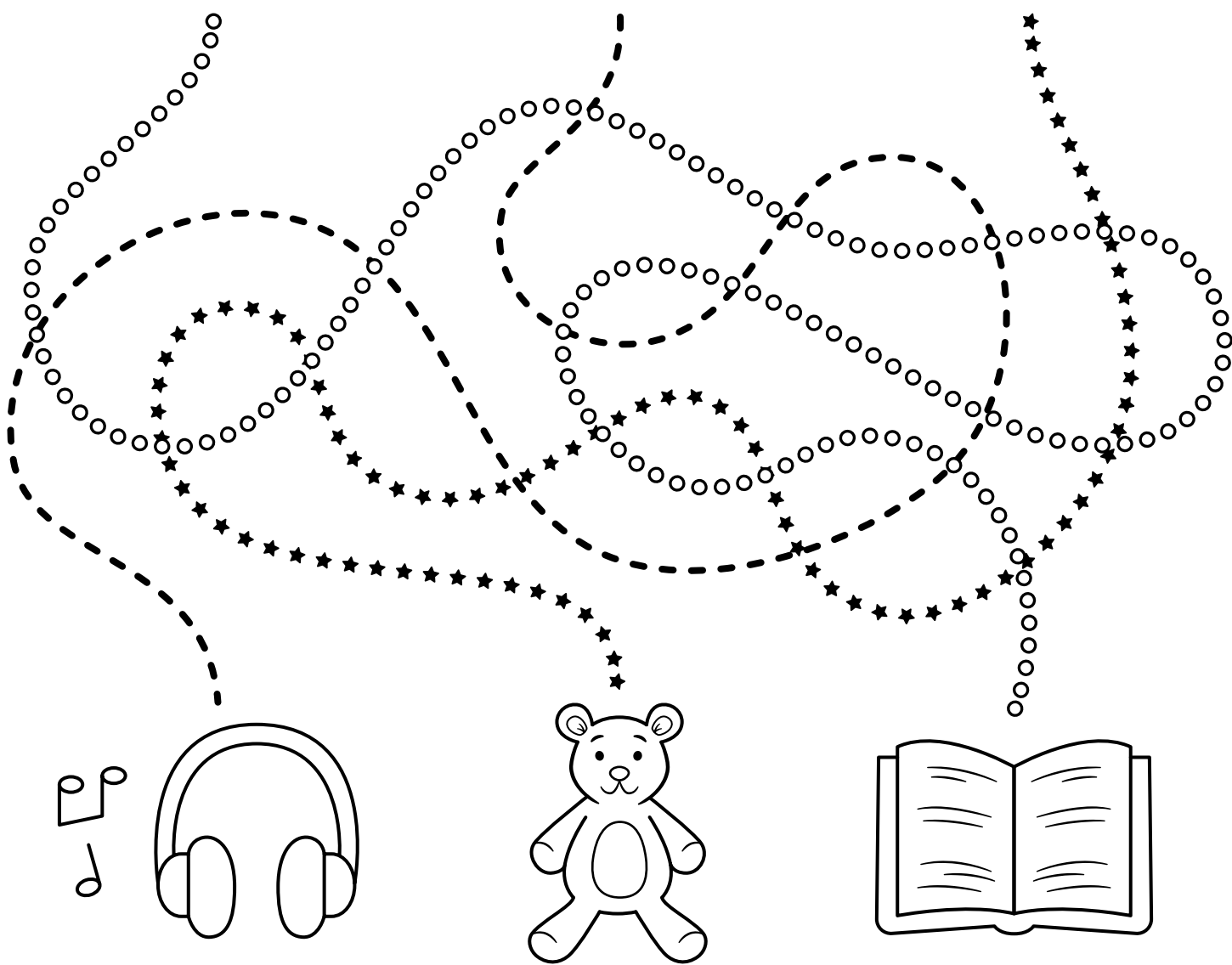


With some medicines, you can pick what you eat or drink.
What is your favorite drink or snack?

Felix gets medicine through his port.

“Hi, I’m Felix. I go to the medicine room and sit in a special chair. The nurse gives me medicine through my port.”





**Match the paths to your favorite object.
What is your favorite thing to bring to the
hospital when you visit?**

Riley's new medicine is a tablet.
She learns how to take it.



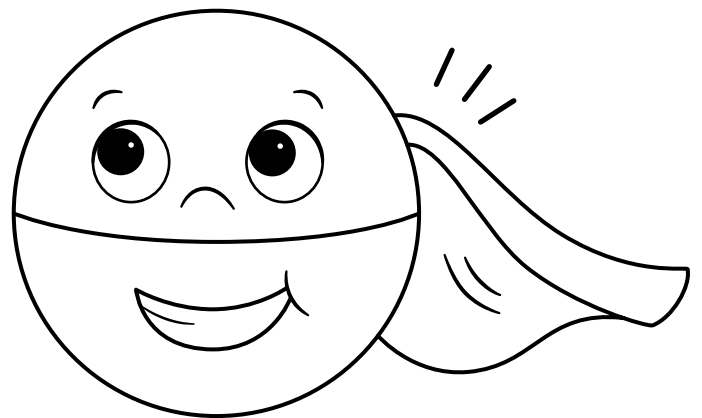
Sit up nice and tall. Then put the tablet on the back of your tongue.



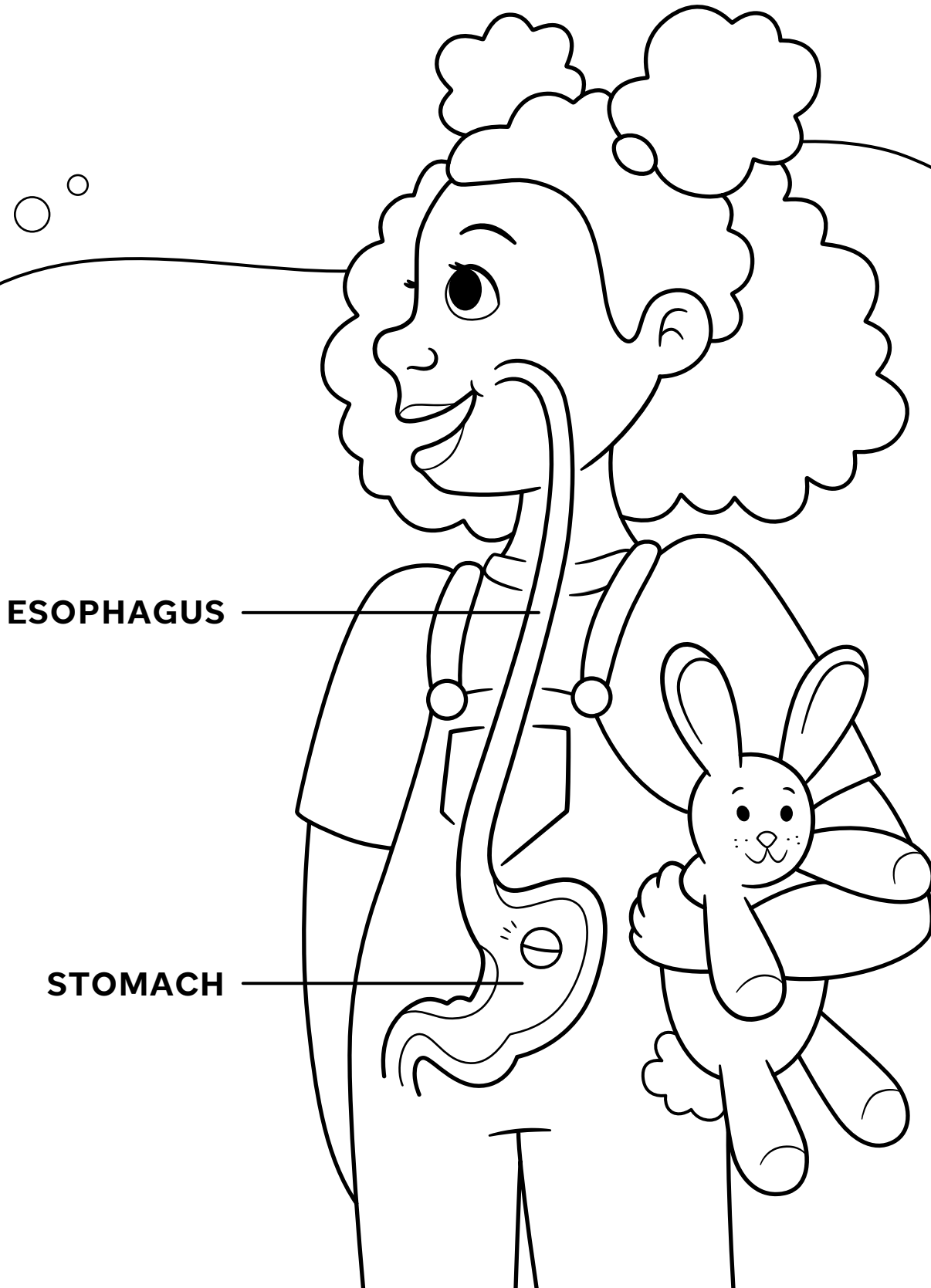
Take a big drink of water and tilt your chin up.



Swallow your water and the tablet all together so it washes down your throat.

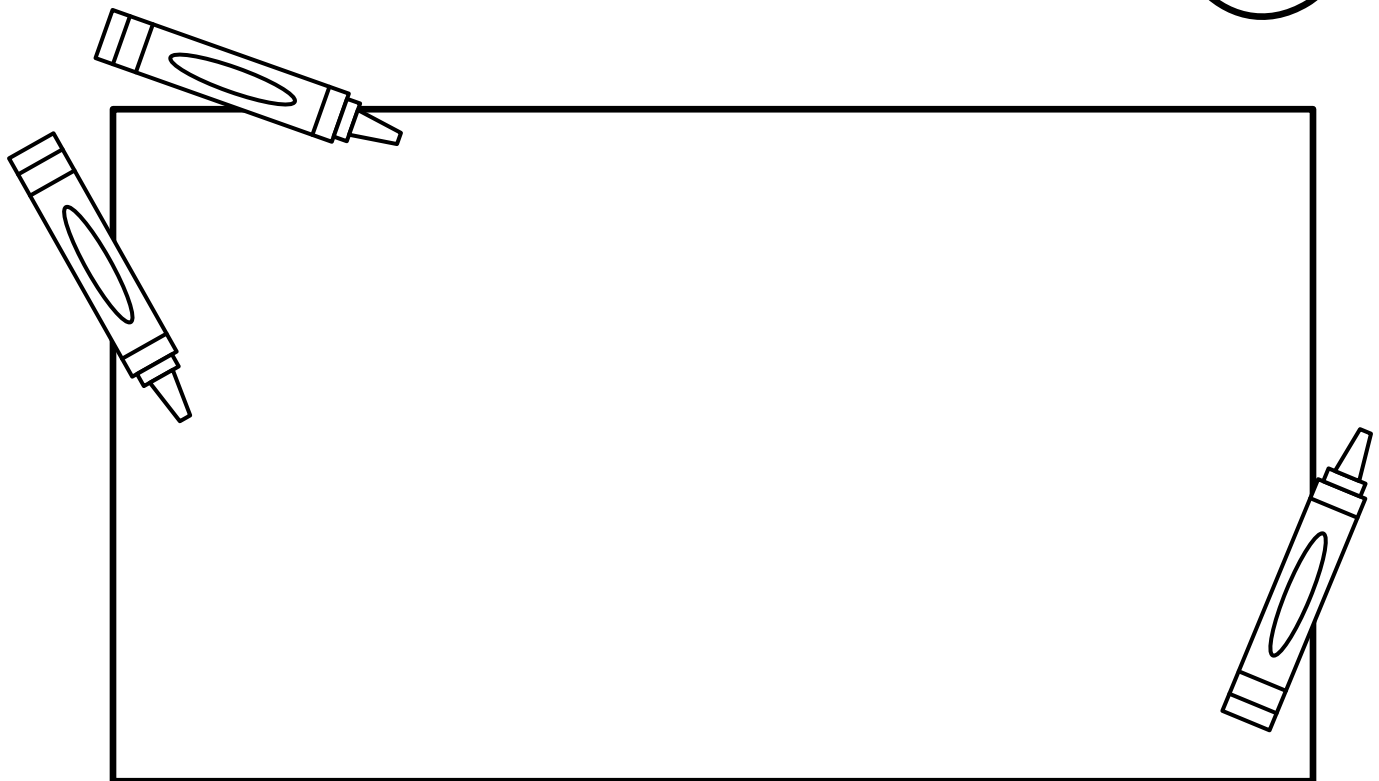
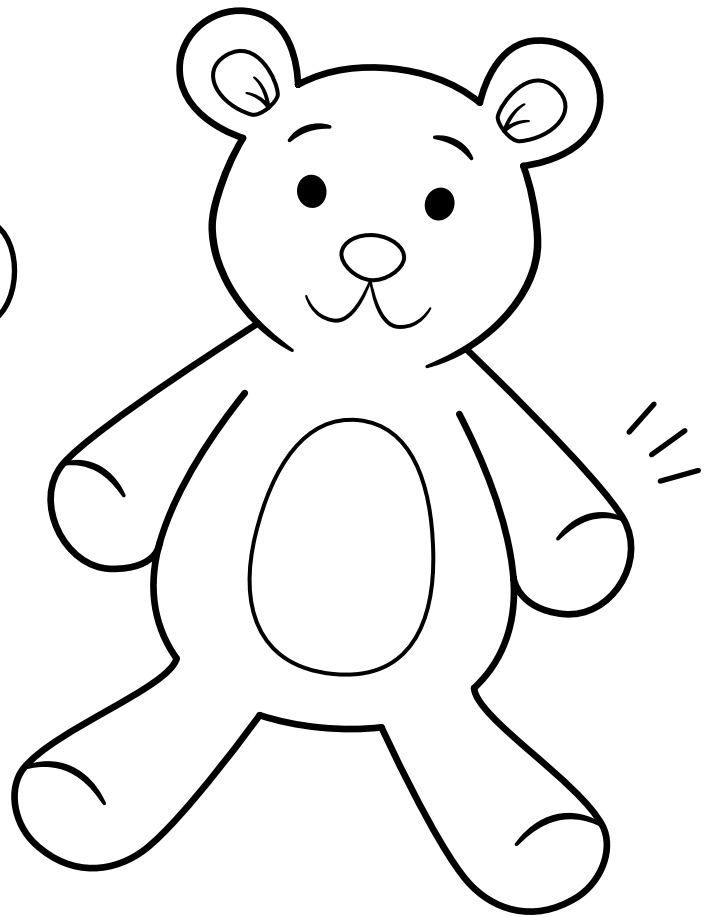
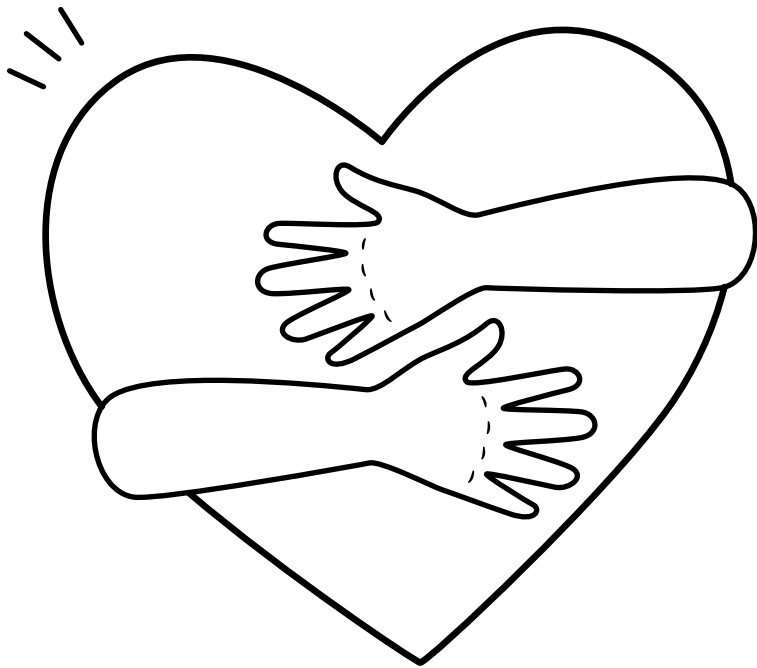


Did you know that the esophagus is a tube that connects the throat to the stomach? When you swallow medicine, it goes down your throat, through your esophagus, and into your stomach.



Riley feels nervous. She has never swallowed a tablet before.
Lots of kids feel scared the first time they take medicine.
Some kids feel better when they hold their parent's hand.





It's okay to feel nervous. What helps you feel better when you are scared?

There is a special kind of breathing that you can do to help when you're feeling nervous.

It's called belly breathing.



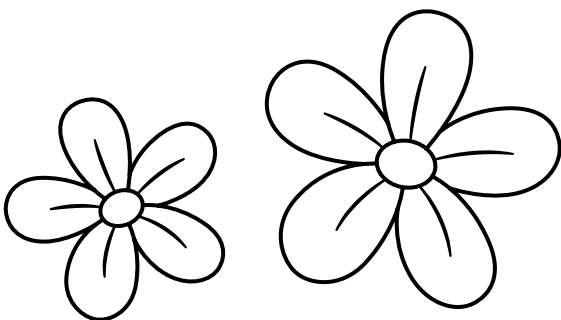
Place your hands on your belly so you can feel your breath. Imagine that you are holding a flower.



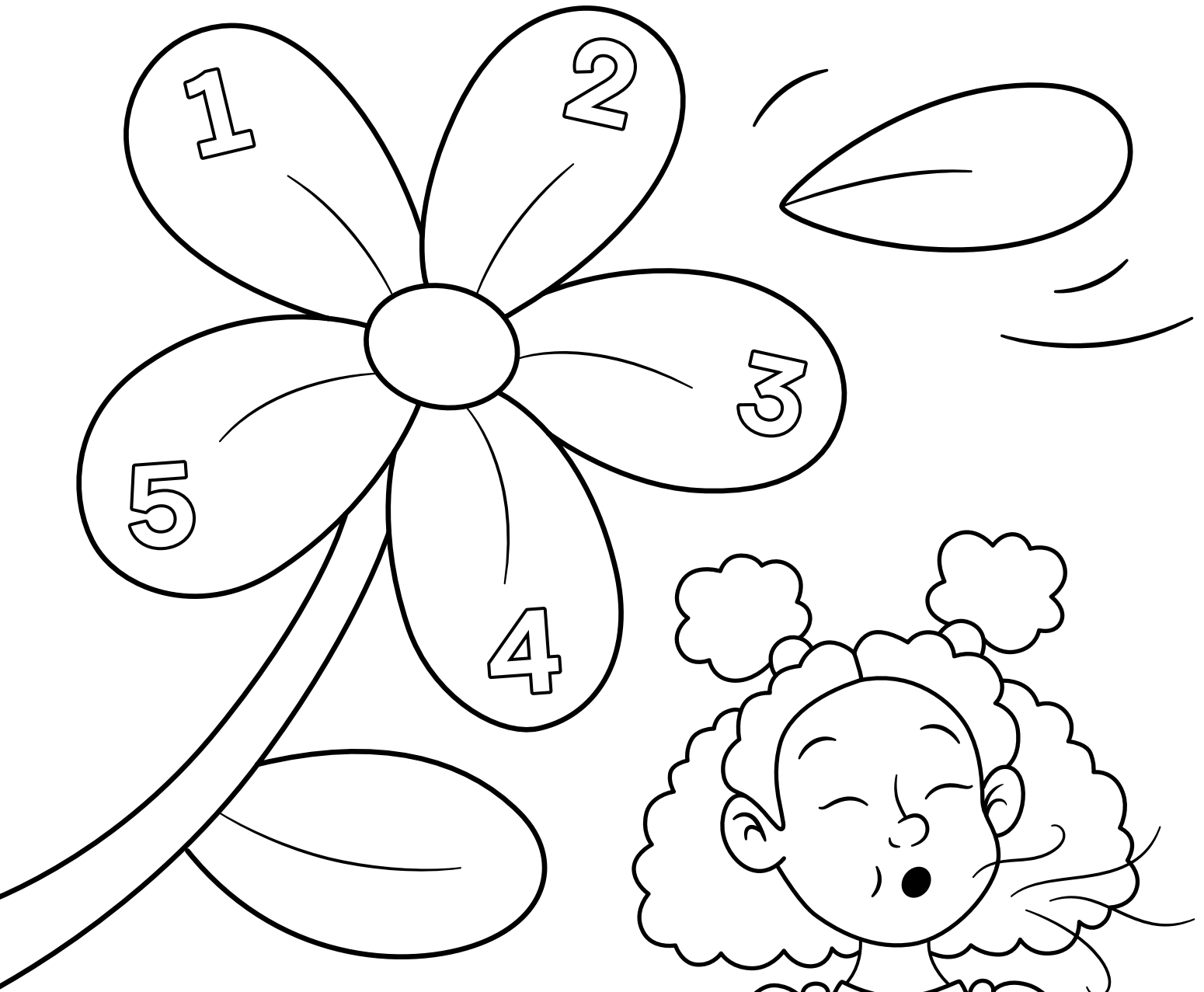
Take a deep breath in through your nose like you are smelling the flower. Feel your belly getting larger.



Slowly let out the breath through your mouth like you are blowing the petals off the flower. Feel your belly getting smaller.



Riley takes a deep breath in through her nose, imagining that she is smelling flowers. Then, she breathes out through her mouth, like she is blowing the petals off a flower.



Can you practice belly breathing? Try taking 5 belly breaths with Riley.



Riley takes her medicine for the first time!

HOORAY RILEY!





For more information on medications,
visit [**stjude.org/together-medicines**](https://stjude.org/together-medicines).

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-278-5833 (TTY: 1-901-595-1040).

تنبيه: إذا كنت تتحدث باللغة العربية فيمكنك الاستعانة بخدمات المساعدة اللغوية المتوفرة لك مجاناً. يرجى الاتصال بالرقم 1-866-278-5833 (الهاتف النصي: 1-901-595-1040).

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