

Down The Chute!



Swallowing Made Simple

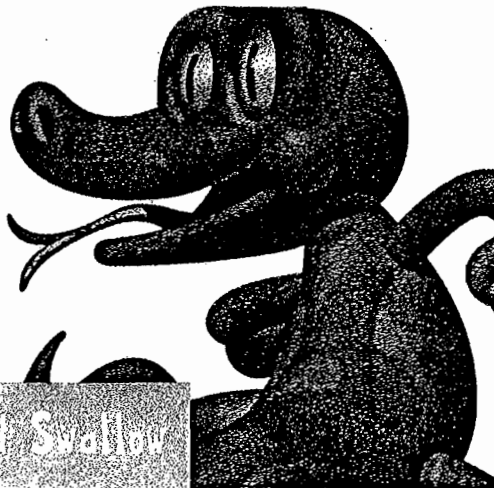
- Swallowing is a natural reaction that occurs when something is on the back of your tongue.
- It's like a roller coaster: once the pill goes over the back part of your tongue, gravity and the muscles in your throat help it go down smoothly.
- Your body is designed to keep you from choking when swallowing a pill. A muscle in the throat pulls the windpipe (what you breathe through) under a flap called the epiglottis.
- The epiglottis closes like a lid over your windpipe, sending the pill smoothly down the food-pipe (esophagus).

Tips on Swallowing

- Sit or stand up straight.
- Don't talk.
- Gargle for 30 seconds before you begin swallowing.
- Take one or two swallows of milk or juice before you take your pill to help make your tongue and throat more slippery.
- Swallow twice just to make sure your pill goes all the way down.

To eat, the lizard uses his tongue to catch little bugs and big bugs. Be like the lizard, first practice swallowing tiny pieces of candy with your favorite drink and then bigger pieces, until you can swallow your pill as fast as the lizard.

Lazy Lizard Swallow



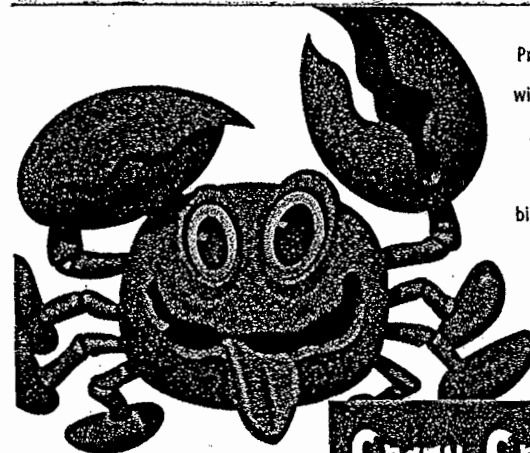
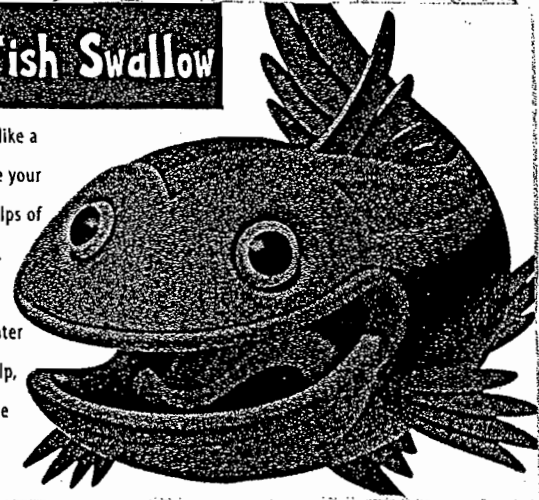
Aliens seem to like things that are slimy, like ooze, to help make their throats more slippery. Practice the alien slimy swallow by taking your pill with a teaspoon of slippery food, such as applesauce, yogurt, or pudding.



Alien Slimy Swallow

Slippery Fish Swallow

Pretend you love water like a fish. Place the pill inside your mouth, and take two gulps of water without stopping. With the first gulp, just swallow some of the water and with the second gulp, swallow the pill with the rest of the water.



Pretend you are a crazy crab with pinchers on your hands. Place your pill on the back of your tongue and take a big drink of water. Now close your mouth and use your pinchers to tickle your throat as you swallow.

Crazy Crab Swallow