



AI's Pals™

Kids Making Healthy Choices

by  Teaching Strategies®

Dear families,

Hi, it's AI! We have been talking with the children about medicine and how to use it safely. Storing medicine out of children's reach and talking with them about the rules for taking medicine will help them make smart choices that will keep them safe and healthy. Below are some important things that we talked about. It's a good idea to go over this list with your child at home. Consider asking your child what they remember from our conversations about medicine.

1. Only take medicine if a trusted grown-up gives it to you, even if it's your own medicine.
2. Some medicine may look like candy. Do not put anything in your mouth that you are unsure of unless it is given to you by a trusted grown-up.
3. Never take anyone else's medicine; only take what the doctor gives you.
4. Needles should be used for medicine only and should be handled only by a trusted grown-up. Children should never pick up or handle needles.

Your safe and healthy pal,

AI

(See the next page for a "Rules About Medicine" list you can display at home.)

Rules About Medicine

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