

# PARENT -TO- PARENT TIPS

It's overwhelming--- we get it. We really do. From parent to parent, here are a few parent tips:

## Organizing Medications

### ENZYMES

1.5 capsules? That gets tricky especially when you're on the go.

*Parent Tip: Tiny cases are the perfect way to prep a day or two ahead of time and take on the go!*



Applesauce or pear sauce, grape jelly, or ketchup to help administer meds. You may need to be creative, but if these examples do not work, feel free to contact the clinic. Below are our favorite methods:



Remember to mix the enzyme with only a small amount of applesauce, so it's quick to swallow. And don't forget: Enzymes are temperature sensitive. Read the package insert to find out your enzyme temperature range. And pay attention to mail order pharmacies with how they package your enzymes for delivery--- the Arizona heat is no joke!

And a fan favorite: The IKEA cart!



## Chest Physiotherapy



*Parent Tip: To develop chest physiotherapy into a positive time for your baby, sing silly songs, put on some kid songs such as Raffi, read books, talk with your baby. Turn this into a special bonding time for you and your baby! Staying calm and positive, just as when buckling your baby into the car seat, will help your baby adjust more quickly.*

## Nebulizers

Insurance should cover nebulizer equipment. Additional places to obtain reusable nebulizer cups and mask are from [justnebulizers.com](http://justnebulizers.com), [nebulology.com](http://nebulology.com), or [amazon.com](http://amazon.com).

## Going into public

Don't forget to pack hand sanitizer, disinfectant wipes, and enzymes when you're out and about!

## And most important

You've got this! It DOES get easier, after a while and once a routine is established. Reach out as much as you need! And reach out as much as you need! Phoenix Children's Hospital, The Cystic Fibrosis Foundation, & the Family Advisory Council (FAC) are here to support you, encourage you, and be beside you every step of the way!