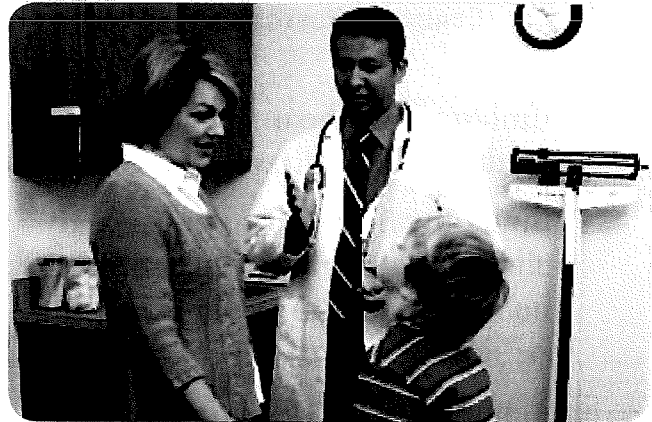


What can you do to help manage your child's asthma symptoms?

When your child first starts having symptoms, it may be a little scary for both your child and you. Listen to and support your child. How you deal with your child's asthma will help show your child how to deal with asthma in the future.

Things you can do to help start managing your child's asthma are:

1. Keep track of your child's symptoms
 - Is your child coughing? Wheezing?
 - Is your child having trouble catching his or her breath?
 - When does your child feel this way? During the day? At night?
 - What was your child doing when he or she started feeling this way?



2. Work with the health care provider. He or she can:
 - Answer your questions.
 - Give you tips to help manage your child's asthma.
3. Follow your child's treatment plan. Help your child:
 - Take the medicines the way the health care provider told you.
 - Take controller medicines even if he or she isn't having symptoms any more.
 - Make sure he or she knows what each medicine does.

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- Find out how he or she needs to take medicine the right way.
 - Find out when he or she needs to take medicine. If you are unsure, ask the health care provider or pharmacist for help.
4. Find out what causes your child's asthma symptoms:
- Notice what your child's triggers are.
 - Do what you can to help your child stay away from them.
5. Write down all the details about your child's breathing problems:
- List when and how your child gets asthma attacks.
 - Include a record of your child's peak flow readings if you have them.
 - Give these lists to the health care provider during your child's next visit.

TIP

When you know more, you can help your child manage asthma

6. Share your child's asthma action plan with teachers, coaches, the school nurse, and childcare providers.

If you follow the asthma action plan the health care provider created with you and your child, it is possible to help manage your child's asthma.

