

# STEP 4

A Parent's Guide to Better Breathing

## Your Child's Asthma

### Know & Avoid Asthma Triggers

Knowing the things that cause your child's asthma symptoms can help prevent asthma attacks. Talk to your child's health care provider about these common triggers.

Mark the items below that make breathing difficult for your child. Make a plan to talk to your child's health care provider about the steps you can take to limit or avoid exposure to them.

- Cockroaches
- Dust & dust mites
- Mold & mildew
- Outdoor air pollution
- Pets & animal dander
- Pollen
- Physical activity & exercise
- Respiratory infections
- Smoking & secondhand smoke
- Strong emotions (e.g., stress, crying and even laughing)
- Strong odors (e.g., hairspray, perfume, air fresheners, cleaning products)
- Wood smoke & fires

Talk to your child's health care provider about allergy testing if you feel that your child's asthma is not well-controlled by avoiding triggers and using medication as prescribed.



# STEP 5

A Parent's Guide to Better Breathing

## Your Child's Asthma

### Gather Your Support Network

Educate all of the people your child spends time with—teachers, coaches, day care providers, relatives, and parents of friends. They are an essential part of your child's asthma management team.

- Ensure every adult in your child's life has a copy of his or her asthma action plan. Download an asthma action plan here: [lung.org/asthmaplan](http://lung.org/asthmaplan)
- Work with your child's school to ensure he/she has access to life-saving asthma medication during the school day.
- Share the American Lung Association's Asthma Basics course with your child's caretakers, such as school personnel, after school care providers, grandparents, and family friends. Go to: [lung.org/asthmabasics](http://lung.org/asthmabasics)
- Join the Lung Connection and get support from other parents. Go to: [connection.lung.org](http://connection.lung.org)



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## Your Child's Asthma

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#### The American Lung Association

is here to help you manage your child's asthma symptoms and find a qualified health care provider.

Call or visit for support today:

**1-800-LUNG-USA**  
[lung.org/asthma](http://lung.org/asthma)

# STEP 1

A Parent's  
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## Your Child's Asthma

### Take Action Against Asthma!

Most children with asthma develop their first symptoms before they are five years old. If you have a child who has trouble breathing, such as wheezing and coughing, talk to your child's health care provider about your concerns.



- **Not insured? Get covered!**  
Your child may be eligible for free or low-cost health insurance or get affordable health coverage for your whole family. Visit [InsureKidsNow.gov](http://InsureKidsNow.gov) to learn more.
- **Don't wait for breathing problems to get better.**  
Visit your child's health care provider at least once a year and more often if your child has trouble breathing.
- **Make the most of every appointment** with your child's health care provider by completing this downloadable Asthma Checkup Checklist: [lungtropolis.com/4210/](http://lungtropolis.com/4210/)
- **Work with your child's health care provider** to create an asthma action plan to help you and other caregivers know the steps to take when they experience symptoms. Download an asthma action plan here: [lung.org/asthmaplan](http://lung.org/asthmaplan)
- **Help your child take their asthma medicines.**  
Watch these videos to learn how: [lung.org/asthmameds](http://lung.org/asthmameds)

# STEP 2

A Parent's  
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## Your Child's Asthma

### Increase Your Asthma Awareness

The better you understand your child's asthma diagnosis, the more you can do to help your child stay healthy and prevent flare-ups.



- **Start by watching this video** that shows the changes in the lung when your child is experiencing symptoms: [lung.org/whatisasthma](http://lung.org/whatisasthma)
- **Complete the American Lung Association's Asthma Basics course:** [lung.org/asthmabasics](http://lung.org/asthmabasics).  
In less than an hour, you can learn how to identify asthma symptoms and the steps to respond to a breathing emergency.
- **Visit the city of Lungtropolis** with your child and get access to tools that can help you and your child manage asthma: [lungtropolis.com](http://lungtropolis.com)
- **Ask your health care provider** for tips to maintain your child's active lifestyle. Kids with asthma can be active and healthy with the right treatment plan in place.

# STEP 3

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## Your Child's Asthma

### Managing Asthma Symptoms

Working closely with your child's health care provider is the first step in helping to manage your child's asthma. Schedule an asthma check-up at least once a year and more often if your child is having symptoms. In addition:



- **Use an Asthma Action Plan** to manage your child's asthma. Don't have one? Ask your child's doctor for one to keep at home and a copy to share with your child's school. Download an asthma action plan here: [lung.org/asthmaplan](http://lung.org/asthmaplan)
- **Keep a journal or diary** to help monitor your child's asthma. Track daytime and nighttime symptoms, medication use, activity level, and peak flow rate. Report any changes to your child's health care provider.
- **Avoid or reduce your child's exposure** to the things, activities or conditions, called "asthma triggers" that make breathing more difficult for your child.
- **Empower your child to speak up** and tell teachers, coaches and other adults when he/she is having trouble breathing. Kids can become asthma control agents here: [lungtropolis.com](http://lungtropolis.com)
- **Learn the signs of a breathing emergency** and know when to call 911.