

# Helping Your Child Manage Their Asthma



You can play a key role in helping your child learn to take care of their asthma. Begin by talking with your child and listening carefully to understand and explore their concerns and fears.

## 1. Listen to your child

Think about the things your child has said about living with asthma. Some of them may be listed below. Check off the ones that your child is concerned about so you can explore them more.

- ☐ I don't fit in.
- ☐ My friends and teachers don't know what it's like.
- ☐ I don't know when I'm going to have symptoms.
- ☐ I get worried when there are no grown-ups around.
- ☐ I wish I could do what other kids do (like playing sports, or just playing outside).
- ☐ \_\_\_\_\_

## 2. Talk with your child to understand more

Start a conversation with your child to understand more about their concerns. Work on one concern at a time. Start with what matters most to your child.

You can use the sample statements and questions below to help you get started. Use the ones that fit the situation best. Change into your own words to make the conversation more natural.

- "Tell me more about that."
- "What happened to make you feel that way?"
- "What did you do the last time you felt that way? Did it work? What else could you try?"

## 3. Find the best way to help

Think about how you can best help your child with their concerns. Focus on one thing at a time. Here are some topics to consider. Remember to think about what fits with your child's age. Talk with your child's healthcare provider if you have questions on how to help your child.

### Learning more about asthma

- Daily preventive asthma medicine
- Rescue medicine, like a rescue inhaler
- Asthma symptoms
- Your child's asthma triggers

(Continued)

### 3. Find the best way to help (continued)

#### Learning more about asthma care

- Using an inhaler
- Making an action plan
- Avoiding triggers
- Remembering to take medicine
- When and how to get help

#### Becoming more independent

- Asking questions
- Talking about their asthma with healthcare provider
- Able to show you what they learned (for example, how to use an inhaler)
- Able to tell you what they learned (for example, what their triggers are)
- Talking about their feelings with family and friends

Add your own ideas here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 4. Support your child

Check the ways you can best support your child while they are learning new self-care skills. Here are some things to consider. Add your own ideas, too.

- ☐ Set aside time weekly or daily to talk with your child to see how they are doing.
- ☐ Place your child's asthma action plan somewhere easy to see, like on the refrigerator.
- ☐ Talk with your child often about their asthma action plan.
- ☐ Compliment your child for doing the right things.
- ☐ Help your child learn how to explain their asthma to others.
- ☐ Work with your child to make a list of questions for their provider. Encourage them to talk with their provider during visits.
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Work together with your child's healthcare providers. They can help your child learn more about how to take care of their asthma as they grow older.