






Help your kids manage their asthma

Checklist for Parents



	<p>Does your child have an up to date Asthma Action Plan (Asthma Care Plan)?</p> <p>The Asthma Care/Action Plan tells the school how to manage your child's asthma and what to do if their asthma gets worse. This should be updated & signed by the doctor on an annual basis.</p>
	<p>Does your child carry their reliever puffer and spacer with them at all times? Or is it readily available to their Carers?</p> <p>Medication needs to be available wherever your child may be (school, child care, sporting field, home)</p>
	<p>Are you and your child aware of their asthma triggers?</p> <p>Do you take steps to avoid these triggers? Are the Teachers aware of these triggers?</p>
	<p>Do you listen to what your child says?</p> <p>They will be aware of their asthma symptoms and should be able to tell you when they need their medication.</p>
	<p>Does your child take their asthma medication correctly?</p> <p>Good technique allows more medication to get into the lungs where it is needed. Talk to your doctor or pharmacist if you would like to check your device technique.</p>