

Asthma and school age children: Tips for parents



Asthma Friendly schools accreditation



- **Your child's school has signed up to become an asthma friendly school**
- **What does this mean for you and your child?**
 - Staff will be trained and updated on asthma and management
 - An asthma policy in place
 - Storage of medication and accessibility
 - Communicating with you around your child's asthma in school
 - Please ask to read the asthma school's policy if you would like more information

About 1 in every 10 school-age children has asthma. If asthma is not well controlled, the symptoms can keep your child from being active or even from going to school. In fact asthma is one of the most common reasons for missing school. Planning ahead can help your child stay healthy and active in school. Here are some tips to help you and your child:

1. Ensure your child has an up to date asthma action plan to share with your child's school, this should include:

- A list of medicines when to be taken
- A list of the things called triggers that make your child's asthma worse
- What to do when asthma symptoms get worse
- What to do during an asthma attack
- When your child is due another review
- Asthma nurse contact number

• 2. Talk with school staff

- At the start of each school year talk with your child's teacher /school nurse about your child's asthma and action plan
- Give them copies of the action plan and review it with them
- Talk about how your child can safely join in on physical education and activities



My Asthma Plan

Your asthma plan tells you when to take your asthma medicines.

And what to do when your asthma gets worse.

Name: _____

1 My daily asthma medicines

- My preventer inhaler is called _____ and its colour is _____.
- I take _____ puffs of my preventer inhaler in the morning and _____ puffs at night. I do this every day even if I feel well.
- Other asthma medicines I take every day: _____
- My reliever inhaler is called _____ and its colour is _____.
- I take _____ puffs of my reliever inhaler (usually blue) when I wheeze or cough, my chest hurts or it's hard to breathe.
- My best peak flow is _____.

2 When my asthma gets worse

I'll know my asthma is getting worse if:

- I wheeze or cough, my chest hurts or it's hard to breathe, or
- I'm waking up at night because of my asthma, or
- I'm taking my reliever inhaler (usually blue) more than three times a week, or
- My peak flow is less than _____.

If my asthma gets worse, I should:

Keep taking my preventer medicines as normal.

And also take _____ puffs of my blue reliever inhaler every four hours.

If I'm not getting any better doing this I should see my doctor or asthma nurse today.

Does doing sport make it hard to breathe?

If YES I take _____ puffs of my reliever inhaler (usually blue) beforehand.

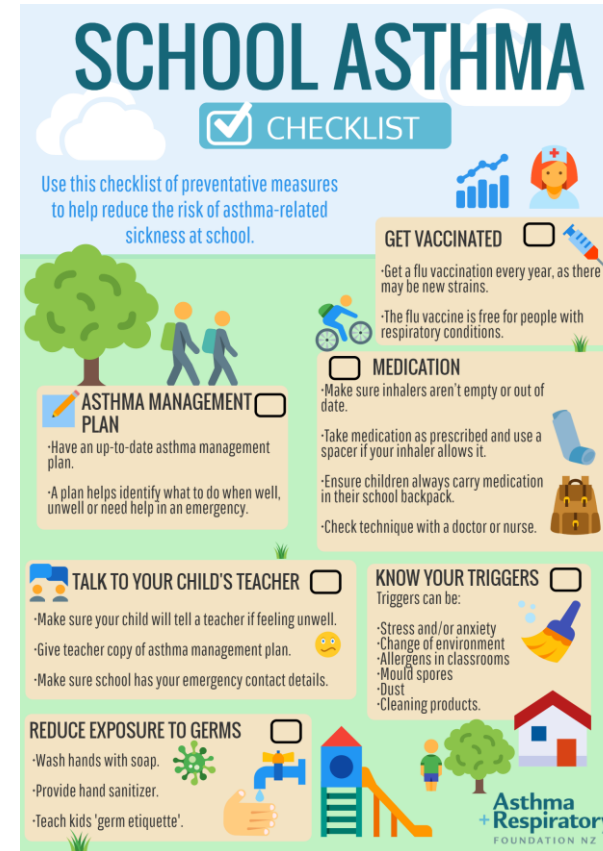
Remember to use my inhaler with a spacer (if I have one)

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- **3. Find out about your school's asthma policies.**

Each asthma friendly school has a asthma policy in place which includes:

- ✓ A plan to help children with asthma
- ✓ A medication policy
- ✓ Management of emergency treatment
- ✓ A procedure of Informing you are when your child has needed to use their reliever



SCHOOL ASTHMA CHECKLIST

Use this checklist of preventative measures to help reduce the risk of asthma-related sickness at school.

- GET VACCINATED**
 - Get a flu vaccination every year, as there may be new strains.
 - The flu vaccine is free for people with respiratory conditions.
- ASTHMA MANAGEMENT PLAN**
 - Have an up-to-date asthma management plan.
 - A plan helps identify what to do when well, unwell or need help in an emergency.
- MEDICATION**
 - Make sure inhalers aren't empty or out of date.
 - Take medication as prescribed and use a spacer if your inhaler allows it.
 - Ensure children always carry medication in their school backpack.
 - Check technique with a doctor or nurse.
- TALK TO YOUR CHILD'S TEACHER**
 - Make sure your child will tell a teacher if feeling unwell.
 - Give teacher copy of asthma management plan.
 - Make sure school has your emergency contact details.
- KNOW YOUR TRIGGERS**

Triggers can be:

 - Stress and/or anxiety
 - Change of environment
 - Allergens in classrooms
 - Mould spores
 - Dust
 - Cleaning products.
- REDUCE EXPOSURE TO GERMS**
 - Wash hands with soap.
 - Provide hand sanitizer.
 - Teach kids 'germ etiquette'.

Asthma Respiratory FOUNDATION NZ

- **Talk with your child about his or her asthma.**

- Make sure your child knows:**

- ✓ Many other kids have asthma too
- ✓ How and when to safely use medication
- ✓ Takes their preventer every day as directed
- ✓ How to avoid triggers
- ✓ Healthy habits like getting enough sleep, being active, eating well and washing hands which is important for staying healthy

- **For further training on asthma, parents can access elearning for health Tier 1 on the link below:**
- [Asthma \(Children and young people\) - elearning for healthcare \(e-lfh.org.uk\)](https://www.lfh.org.uk)