

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: www.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: www.lung.org/asthmabasics
- Join the Lung Connection and get support from other parents. Go to: www.connection.lung.org



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

www.lung.org/asthma

