



IMPORTANT ASTHMA INFORMATION FOR CHILDREN

It is important to find an asthma friendly doctor, that is a doctor who has a special interest in asthma. This doctor will ideally,

- Be able to spend time with you explaining your child's asthma and how it is to be managed. If your doctor seems too busy to spend this time with you, you may be able to book a double appointment with him or her, or find out which days are the least busiest - try to make an appointment on one of these days, and ask to participate in the Cycle of Care
- Show you and your child how to administer medication via a device, which is appropriate for the age and ability of your child.
- Assess how well you and your child (if appropriate), are able to use the chosen delivery device.
- Give you a **written action plan** outlining the management of your child's asthma at home. This plan will tell you:
 1. Medication to be taken each day (if required) to keep asthma under control; as well as medications that may be taken prior to physical activity if your child gets exercise induced asthma.
 2. How to recognise signs of worsening asthma.
 3. What to do if this happens.
 4. What to do, if asthma continues to deteriorate, or if your child has a severe asthma attack.
 5. How to get help quickly.

Be sure to establish a good relationship with your doctor and ensure your child has regular check ups. Even if they appear to be in control of their asthma.

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