

Angela's Top 9 Tips for Managing Your Child's Asthma

Angela's daughter Ava was diagnosed with asthma at 3 years old. Now, 7-year-old Ava says that having asthma "isn't a big deal." Check out nine of Angela's favorite tips for keeping kids with asthma healthy and happy.

- 1. Follow a daily medication routine.** We follow a nighttime routine to make sure we stay on top of Ava's medications. Before she brushes her teeth each night, we go down the line of her medications. I watch her take each one.
- 2. Get your child an annual flu shot.** Ava's asthma symptoms worsen when she is sick, so I do everything I can to keep her well. I get her a flu shot as early as possible each year.
- 3. Keep an eye on changes in your child's skin coloring.** I notice that Ava's skin color changes are a good indicator of how she is feeling. If I notice major changes, it's time to go indoors to get away from outdoor triggers.
- 4. Teach your child how to take their medicines themselves.** Ava is much better about taking her medications, like her inhaler and nasal spray, when she can administer them herself under my supervision. I keep old, empty inhalers for her to use for practice without wasting medicine.
- 5. Use videos to teach your child how to use their medications.** There are a lot of videos online that show you and your child how to take asthma medications like inhalers. Children's Hospital Colorado has "how-to" videos on a variety of different inhalers on their website.
- 6. Minimize as many triggers as possible at home.** Ava's asthma is triggered by environmental factors like grass and mold. We minimize these triggers at home by replacing filters regularly, not allowing pets in her room, taking shoes off inside and not allowing smoking in our house.
- 7. Make your child's medicines easily accessible.** We keep Ava's emergency medicines in one drawer so that we know exactly where to find them when we need them. We also have one backup refill of her emergency medicines in the drawer so that we are ready if she runs out.
- 8. Meet with school staff to discuss your child's asthma plan.** I was nervous about sending Ava to school because of her asthma, but meeting with the school staff made a huge difference. Request a meeting with your child's teacher, administrators and school nurse to make a school-specific asthma action plan.
- 9. Call the nurse line if you have concerns.** Sometimes you need to ask for additional help. When I'm worried about Ava's breathing, I call the free 24/7 Children's Colorado ParentSmart Healthline at 720-777-0123, or their pulmonology nurse line, which is open during business hours for current pulmonology patients.

Contact Us



720-777-1234



childrenscolorado.org