What can parents and carers do to help their child’s asthma at school?

- If your child is self-managing their asthma, or capable of taking their asthma medication independently, ensure that your child is always carrying their reliever medication (*e.g.* *Ventolin*, *Asmol*, *Airomir* and *Bricanyl*) as well as a spacer while at school
- Ensure that you have provided your child’s school/preschool with an updated Asthma Action Plan
- Ensure that your child knows how to recognise early symptoms of an asthma attack and check to make sure they are using their reliever medication properly
- Ensure your child will seek help from school/preschool staff if they experience asthma symptoms
- Ensure that your child’s asthma is being well managed and that their medication and management is reviewed annually by your GP (this is a good opportunity to also update the Asthma Action Plan required by your child’s school/preschool)

For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or [www.asthma.org.au](http://www.asthma.org.au)

Respiratory experts talk to parents about asthma

Ever wondered what the experts would say about a cure for asthma? Or how to get your teenager to take their medication?

If you want to find out the answers to some of the most frequently asked questions about children and asthma, watch The Asthma Foundation’s new video series – available from [http://forum.asthma.org.au/](http://forum.asthma.org.au/)

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