

Stay Connected to Your Child: Home Activities for Asthma Awareness

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Make sure that your child understands and knows about asthma. Even little ones can learn how to tell you about their coughing. Here are some games you can play with your children to help them learn about asthma. We've used them with children aged 2-5, but older ones might like them, too! They are a lot of fun!

What Makes Me Wheeze? – The Home Detective Game

Purpose:

- A home-based activity designed to teach children how to identify things in the house that may cause asthma.

What you need:

- A good pair of eyes and the list of the kinds of things that trigger asthma attacks at home.

What to do:

- You and your child search the home together for asthma triggers that may cause an asthma attack.
- Search for pests, stuffed animals, dust, plants, rugs, and anything that is an asthma trigger for your child.
- See how many triggers you can find and find solutions for what to do with them. Use the trigger list at the beginning of the Trigger Section.



Home Detective

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