

You can control Asthma: How can this book help me?

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About this book

It is normal to be fearful or scared about having a child with asthma. Our message to you is:

Asthma can be controlled! You are the key and you can do it. Controlling asthma begins with you.

This handbook will help you take control of your child's asthma with 4 steps.

“How can I control my child's asthma#8221;

Step 1: Become Aware — Learn about Asthma

- Learn what it means to have asthma.
- Learn how asthma affects the body.
- Learn what causes asthma attacks.

Step 2: Be Prepared – Make a Plan

- Learn how to use the Asthma Action Plan
- The Asthma Action Plan will tell you what medications you should take and when to take them.

Step 3: Reduce Asthma Triggers

- Learn what makes your child's asthma worse, your child's asthma triggers
- Learn how to reduce and eliminate your child's asthma triggers in and around the home.

Step 4: Stay Connected - Control your Child's Asthma Even When You're not Around

- Stay connected with your child's asthma “team”; which includes your child's doctor, teachers, dance teacher, sports coach, and anyone who regularly cares for your child.
- Join support groups and learn about things in your community that can help you control your child's asthma.

How do I use this book?

This handbook is for you, to help you take control. *You are the key.*

Use these tips to get the most out of the handbook:

- Look for words in bold. **Bold type means it is important.**
- Look for the sections in the tan boxes. Those sum up the key points.

Take notes in this handbook, write comments, and make the book your own.

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[Be Aware: What is Asthma? ›](#)

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