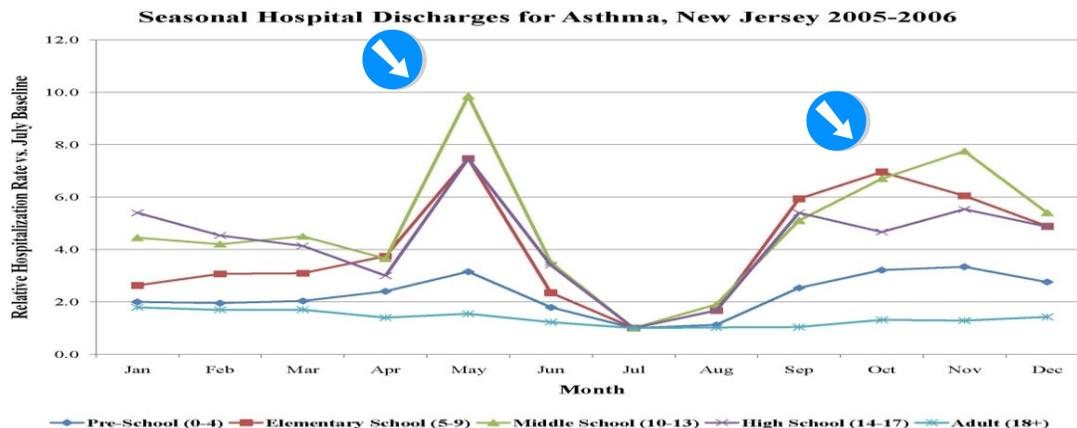


Parenting Tips for an Asthma Friendly School Experience



Hospitalizations Show May and Fall Spikes for Children with Asthma

Source: New Jersey Department of Health and Senior Services, Unpublished Data

In New Jersey, in May and the fall, there is an increase in children hospitalized due to asthma

A yearly review of asthma data reveals that the number of overnight hospital stays for asthma is lowest for all age groups in July. The seasonal peaks for asthma are higher for children than adults. For middle school children, the peak in May is about 10 times higher than July. The November rate was 8 times as high when compared to the July discharge rate.

Tips for an Asthma Friendly School Experience

Children spend a significant part of their day in school. Healthcare providers, school nurses and families can work together to reduce emergency room visits and hospital stays with a team approach to good asthma management.

1. Make sure the school nurse knows your child has asthma. Ask your school nurse for the **"Asthma Treatment Plan"** form, make an appointment with your child's healthcare provider, and take the form with you.
2. Discuss the **Asthma Treatment Plan** with the health care provider and ask about permission for your child to carry the asthma rescue medication during school, if appropriate.
3. Discuss asthma triggers with the health care provider, and together, check them on the **Asthma Treatment Plan**, and identify ways to control exposure to the triggers at school and at home. Go to the Pediatric/Adult Asthma Coalition of New Jersey (PACNJ) website: www.pacnj.org for the **"Classroom Checklist"** for reducing asthma triggers in school, and share it with your child's teachers.
4. Return the **Asthma Treatment Plan** to the school nurse and make sure your child knows how to get their medications when needed during school, and make sure your child knows how to use them.
5. Ask the principal of your child's school to take the "Six Steps to Success" to qualify for the PACNJ **"Asthma Friendly School Award"**. Find complete information at the PACNJ web site: www.pacnj.org and a list of **404 New Jersey schools** that have already received the award. Share the information with your principal.

