Parenting Tips for Managing Asthma in the Child Care Setting

Have a plan

- Talk to your child’s health care provider about managing your child’s asthma in the child care setting. Ask your health care provider for an asthma treatment plan.
- Discuss your child’s triggers and how they can be managed with your child’s health care provider. Check off the appropriate triggers on the asthma treatment plan together.
- Make sure your child care provider knows your child has asthma. Give a copy of your child’s asthma treatment plan to the child care provider.
- Keep a copy of the asthma treatment plan for your family for managing asthma at home.

For a copy of the Pediatric/Adult Asthma Coalition of New Jersey (PACNJ) Asthma Treatment Plan and Patient/Parent Instructions for completing the plan with your health care provider, click here: http://www.pacnj.org/plan.html

Talk with your child care provider every day

For the health and safety of your child with asthma, it is best to talk with your child care provider when dropping off and picking up your child. Discuss any changes in your child’s:
- Medications
- Asthma symptoms
- Triggers
- Physical or emotional condition

For a sample of a daily reporting form to note in writing the changes you want to discuss with the child care provider visit the PACNJ website at http://www.pacnj.org/DailyAsthma-AllergyCommunicationEnglishandSpanish.pdf

Keep your child home when asthma is out of control

It is important to keep your child home if your child:
- Continues to wheeze or cough after a medication treatment
- Is having trouble breathing or is breathing fast
- Has a fever of 101.5 orally or 100.5 auxiliary (armpit)
- Is too weak or tired to take part in normal activities (dressing self, eating)

Do a spring update

Spring is a good time to:
- Check the expiration date on medications
- Check the filter on your child’s nebulizer
- Order an extra inhaler for summer outdoor activities
- Update emergency contact information
- Update your child’s records with any new triggers, new health care providers or specialists treating your child
- Bring the “Asthma Friendly Child Care Checklist” to your child care provider to talk about controlling triggers. For the checklist go to: http://www.asthmaandallergies.org/Articles/Asthma%20Friendly%20Child%20Care.pdf

Send your child to child care when asthma is under control

Your child’s asthma is well managed when she/he:
- Participates in all activities,
- Sleeps comfortably at naptime and at night without coughing,
- Has minimal side effects from medications,
- Uses a reliever medication no more than 2 times per week and
- Has no hospitalizations or emergency room visits due to asthma

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