

# Tips for Parents and Children with Asthma



- ◆ Let the child care provider know that your child has asthma.
- ◆ Determine whether or not your child care provider administers medication.
- ◆ Let the child care provider know:
  - ◆ What triggers your child's asthma
  - ◆ If your child is taking any medications
  - ◆ The symptoms your child usually exhibits before an attack
- ◆ Provide a copy of your child's Asthma Action Plan (AAP). Make sure both you and the provider understand the AAP and agree on the steps to follow. The AAP describes steps to take if a child with asthma is experiencing any asthma symptoms.
- ◆ If your child does not have an AAP, talk to your health care provider about getting one. Be sure to discuss steps to take in the event of the asthma attack.
- ◆ If your child requires asthma medication, be sure to give the child care provider medication in the original pharmacy container. Medication must always be accompanied by a Medication Authorization Form completed by the child's health care provider.
- ◆ Talk to your child care provider regularly about your child's asthma. It is a good idea for parents and providers to communicate about the child's asthma signs or symptoms every day.
- ◆ Make sure the contact information you give your child care provider is current and up-to-date. This is very important so that you can be reached in the case of an emergency.

*If you would like more information please contact:*

State of Connecticut Department of Public Health  
Public Health Initiatives Branch  
Community Health and Prevention Section  
Asthma Program  
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