

Exploring

children's health and wellness

Capital District Child Care Council

a tipsheet for parents and caregivers of children

Asthma Prevention

Asthma is a common condition that affects more and more children in child care programs. Asthma, by definition, is a disease caused by an increased response by the lungs to different stimuli (triggers). This causes an inflammation and narrowing of the airway and there is an increase in congestion due to excess mucus. All of which lead to airway obstruction and difficulty breathing. Asthma can range from moderate to severe, as determined by the frequency and severity of the symptoms.

Signs and Symptoms may include

- Shortness of breath
- Tightness in the chest
- Wheezing
- Coughing
- Fatigue
- Flaring Nostrils

Triggers may include

- Dust
- Temperature
- Pet dander
- Smoking
- Pollens and Grasses
- Exercise
- Perfume
- Emotions
- Mold

Tips

- Know the child's specific triggers and avoid them as much as possible.
- Collaborate with the parent and develop a special needs health care plan for the child.
- Administer the medication needed per the specific health care provider's instructions, if MAT certified or authorized by a waiver.
- Notify parents of an episode (immediately if severe).
- Call for emergency help if the attack is severe.

**Knowing
what triggers
asthma in a child
will help avoid
attacks**

