



# St Munchin's Catholic School



**Asthma**  
Foundation WA

## Checklist for Parents of Children with Asthma to help manage their Asthma at School

- 1. Does your child have an up to date Asthma Action Plan that tells how the school how to manage your child's asthma and what to do if their asthma gets worse?**

Your child's asthma should be reviewed regularly with their doctor and their school should have a copy of their Asthma Action Plan. It is very common for children to have occasional or seasonal asthma; an asthma action plan is still needed for when this occurs.

- 2. Does your child carry their reliever puffer and spacer with them at all times?**

Medication needs to be available wherever your child may be (school, sporting field, home). The expiry date of the medication and the amount of medication left in the canister should also be checked regularly.

- 3. Are you and your child aware of your child's asthma triggers and do you take steps to avoid them?**

It is also important to highlight the key symptoms, triggers or special features of your child's asthma with their teachers so they can assist in managing your child's asthma more efficiently.

- 4. Do you listen to what your child says?**

Your child will be aware of their asthma symptoms (depending on their age) and should be able to tell you when they need their medication. If your child is just starting school this is something to work towards over time, so that they are able to recognise and verbalise their symptoms.

- 5. Does your child take their asthma medication correctly?**

Good technique allows more medication to get into the lungs where it is needed. If your child uses a puffer such as Ventolin or Asmol they should always have a spacer at school. This will deliver more to the airways in an emergency.

It is important to work with the school to ensure that your child's asthma is managed appropriately. Find out if the staff at your child's school have up-to-date asthma training. This training covers asthma management in the school setting. Asthma Foundation WA offers free Staff Asthma Training across the state for school staff. If your child's school would like to arrange a Training Session for their staff, please contact the Asthma Child and Adolescent Coordinator for WA on 9289 3639.

If you have any questions about asthma management at school or would like to discuss asthma further, please call the Asthma Information Line on 1800 645 130 or visit our website at [www.asthmawa.org.au](http://www.asthmawa.org.au)