

How to help a child when they have asthma or asthma-like symptoms.



If symptoms escalate quickly or are severe, start at the bottom with the asthma action plan, and work in reverse, seeking further help if symptoms continue to persist.

Have they just exerted themselves?
Eg: Run upstairs, or finished a P.E. class

Rest & Recover
Lean against a wall, crouch down or sit down. Breathe in through your nose and blow out slowly through your mouth. Within 2-5 minutes breathing should recover.

Yes
Did that help?
No

When breathing has settled, carry on with your day

Is their breathing pattern making symptoms worse?
Eg: From stress or exercise

Follow Breathing Pattern Checklist
1. Check your posture & relax your shoulders
2. Breathe quieter and slower
3. Breathe through your nose
4. Breathe low in your chest
5. Get a rhythm to your breathing

Yes
Did that help?
No

Encourage the child to relax their jaw, neck and shoulders. Focus on longer breaths OUT.

Can you hear a wheeze, or a new cough along with their breathlessness?

Asthma Action Plan
Take inhalers with spacer.
Assess every 2-5 minutes and seek further help if they don't recover.



Yes
Did that help?
No

Keep encouraging 'good' breathing pattern and relaxation

Seek help