



## Communicating with the school staff about your child's asthma

- Set up an appointment with your child's doctor to:
  - Develop an asthma action plan with your doctor
  - Review how your child takes his inhaler
  - Breathing test to assess level of asthma control
- Set up an appointment with the classroom teacher, physical education teacher and school nurse (if applicable) to review all relevant information. Meet with staff from your child's school to:
  - Provide the school with your child's [Asthma Action Plan](#)
  - Ensure that the school has an asthma action plan that lists the child's triggers, signs and symptoms of an asthma attack and clear emergency plans.
  - Attached a picture of the child to the file.
- Provide your child's inhaler and spacer device.
  - Be sure the inhaler has the child's name, the doctor's name and phone number.
  - Check that the expiry date on the inhaler extends past the end of the school year.
  - Review inhaler technique with the physical education teacher and classroom teacher
- Know your school's policy on asthma medications
  - Know how and where the medication is stored and accessed in the school. They should be easily accessible in an emergency.
- Offer your support as a resource person on asthma
  - Provide the school with the resources they need and how to use them.
  - Provide the staff with a training session. Don't expect staff to know about asthma.
- Talk to your child about what their responsibility is. Explain that they need to ask for help as soon as they have symptoms.

**Call the Asthma Society of Canada at 1 866 787 4050, or visit [Asthma.ca](http://Asthma.ca) to [order](#) school [posters](#) and an [Asthma Basics 1,2,3 - An Action Kit for Canadian Schools](#)**