



Back to School

Communicating with Staff at Your Child's School

Parents and school staff need to work together to help control asthma symptoms for all students with asthma. Children with asthma often have symptoms at school; therefore it is very important to get the school involved in caring for a child's asthma. This is true even if the child has only a mild case of asthma and even for children who do not need to take medicines when they are at school. Most schools have several children with asthma, and so many teachers and principals may be very familiar with helping children with asthma. Still, it is important to take steps to ensure that students receive appropriate attention and that all the relevant school personnel are familiar with what is needed to help each child.

Tips:

- Be sure your child's medical information is up to date along with parent and doctor contact information.
- Know your school's policy on asthma medications and set up an appointment with your child's classroom teacher, physical education teacher and school nurse (if applicable) to review your child's medical information.
- Develop an asthma action plan with your doctor that lists your child's triggers, signs and symptoms of an asthma attack, and clear emergency plans; provide a copy to school staff.
- Provide the school with helpful resources (e.g. they need and information on how to use them).
- Work with the staff to organize a learning night. Don't expect staff to know about asthma. Communicate regularly with the school.
- Talk to your child about what their responsibility is. Explain that they need to ask for help as soon as they have symptoms.
- Label the medication to be left at school clearly with your child's name and dosage to be given.
- Provide a picture of your child that can be attached to their school medical file.
- Know how and where the medication is stored and accessed in the school. Medications should be easily accessible in an emergency.

For more information:

Call the Asthma Society of Canada at 1-866-787-4050 to order school posters and/or the "Asthma Basics 123: an Action Kit for Canadian School" or visit our Web site (www.asthma.ca) to download these materials and other Asthma at School resources.