

POWER OF KNOWING

An educational resource for patients and families.

HELPING YOUR CHILD COPE WITH ASTHMA

The unknown is often scarier than the known

Breathing difficulties and treatments can be stressful for the patient and family. Knowing triggers that lead to breathing difficulties, being consistent with breathing treatments and working to prevent an asthma attack can help to reduce this stress.

How to help your child with breathing treatments

- Talk in a calm voice. Children's reactions are often based on how their parent is responding.
- Give simple explanations for why the breathing treatment is needed.
- Use a doll or stuffed toy to show your child how it will work. Allow your child to be the nurse or doctor for their own stuffed toy.
- You may need to experiment to find the best position that is comfortable.
- If older, allow your child to hold the mask and give the "puffs".
- Give choices when possible. This helps give a sense of control.
- Offer activities to help distract. Let your child pick out the activities (ie: a short book, someone blowing bubbles).
- Establish a routine with treatments (same activity to start and finish).
- Never punish for not cooperating. Find reasons to praise your child for what they are doing that is helpful (ie: "you are doing a great job holding still", "good job breathing with me").
- Develop a sticker chart with a reward to give when completed.
- Help your child identify triggers.

Child Life Services

A child life specialist is available to provide more support. This could include the exploration of medical equipment and it is based on your child's level of understanding. If you are interested please email: khchildlife@fakeeh.care to schedule a visit with the child life specialist.

Suggested Resources

A is for Asthma

<https://www.sesamestreet.org/toolkits/asthma>

Center for Disease Control

<https://www.cdc.gov/asthma/children.htm>

KidsHealth

<http://kidshealth.org/en/kids/asthma.html>



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