ASTHMA SELF-MANAGEMENT GOALS

For children 9 years and younger

Asthma is a very serious disease but can be managed. You are the most important person to help manage your child's asthma.

The following goals will help your child feel better, stay out of the hospital, and be active.

Goal	I will know how to tell when my child's asthma is getting worse and call the	
1	doctor.	
-		
Goal	I will help my child follow their action plan and take all their medicines.	
2 Goal	I will help my enne follow then action plan and take an then medicines.	
2		
Goal	I will take all my child's medicines with me when we go to see their doctor.	
3		I A
		te er
Goal	I will learn what triggers my child's asthma and help them stay away from	
4	those triggers.	
7	tiose triggers.	
Goal	I will halp my shild to know how to use (sheak as many as you like)	
Goal	I will help my child to know how to use- (check as many as you like)MDI	
5		- seres
	Spacer Deals Elever Mater	- Antonio - Anto
	Peak Flow Meter	AT K
	Relaxation/Belly Breathing	
Goal	I will know my child's- (check as many as you like)	
6	 Early asthma warning signs 	
	 Green, Yellow, Red Peak Flow Zones 	
	 Red Flags 	Danger
Goal	How will I know if my child's asthma is under control? What will	
7	they be able to do or want to do that they cannot do now? (check as many as	
	they be able to do of want to do that they cannot do now? (check as many as	
	you like)	
	you like)	
	you like) Sleep through the night 	
	 you like) Sleep through the night Run Not miss school 	
	 you like) Sleep through the night Run 	
	 you like) Sleep through the night Run Not miss school Stay out of the hospital and emergency room Be able to take medicines without side effects 	
	 you like) Sleep through the night Run Not miss school Stay out of the hospital and emergency room 	
Goal	 you like) Sleep through the night Run Not miss school Stay out of the hospital and emergency room Be able to take medicines without side effects Feel good about controlling my child's asthma 	
Goal 8	 you like) Sleep through the night Run Not miss school Stay out of the hospital and emergency room Be able to take medicines without side effects Feel good about controlling my child's asthma For Adults in the home of asthmatic children If I am a smoker- (check as many as you like)	
	 you like) Sleep through the night Run Not miss school Stay out of the hospital and emergency room Be able to take medicines without side effects Feel good about controlling my child's asthma For Adults in the home of asthmatic children If I am a smoker- (check as many as you like) I will ask my doctor for advice on how to quit smoking 	
	 you like) Sleep through the night Run Not miss school Stay out of the hospital and emergency room Be able to take medicines without side effects Feel good about controlling my child's asthma For Adults in the home of asthmatic children If I am a smoker- (check as many as you like) I will ask my doctor for advice on how to quit smoking I will read materials about the dangers of second hand smoke 	
	 you like) Sleep through the night Run Not miss school Stay out of the hospital and emergency room Be able to take medicines without side effects Feel good about controlling my child's asthma For Adults in the home of asthmatic children If I am a smoker- (check as many as you like) I will ask my doctor for advice on how to quit smoking I will read materials about the dangers of second hand smoke I will set a target date to quit smoking 	
	 you like) Sleep through the night	
	 you like) Sleep through the night	
8	 you like) Sleep through the night	
8 Goal	 you like) Sleep through the night Run Not miss school Stay out of the hospital and emergency room Be able to take medicines without side effects Feel good about controlling my child's asthma For Adults in the home of asthmatic children If I am a smoker- (check as many as you like) I will ask my doctor for advice on how to quit smoking I will read materials about the dangers of second hand smoke I will set a target date to quit smoking I will smoke less cigarettes a day I will smoke outside of the house at all times	
8	 you like) Sleep through the night	

ASTHMA SELF-MANAGEMENT GOALS

For use with children 10 years and older

Asthma is a very serious disease but can be managed. You and your parents are the most important people to manage your asthma.

The following goals will help you feel better, stay out of the hospital, and be active.

Goal	I will know how to tell when my asthma is getting worse, tell an adult, and	
1	take my Albuterol.	
		1 1 大大大龙
Goal	I will follow my action plan and take all my medicines.	
2		
Goal	I will take all my medicines with me when I go to see my doctor.	
3		
		CaB
Goal	I will learn how to prevent an asthma attack by knowing my triggers.	- March
4		
Goal	I will know how to use- (check as many as you like)	
5	 MDI 	E - FRE
	■ Spacer	
	 Peak Flow Meter 	
	 Relaxation/Belly Breathing 	
Goal	I will know my- (check as many as you like)	
6	 Early asthma warning signs 	
	 Green, Yellow, Red Peak Flow Zones 	
	 Red Flags 	Danger
		_
Goal	How will I know if my asthma is under control? What will I be able to do or	
7	want to do that I cannot do now? (check all that you would like to do)	
	 Sleep through the night 	
	• Run	
	 Not miss school Stars act of the base its land an annual second secon	
	 Stay out of the hospital and emergency room Be able to take my medicines without side affects 	
	 Be able to take my medicines without side effects Feel good about controlling my asthma 	
	 Other- 	
	For Adults in the home of asthmatic children-	
Goal	If I am a smoker- (check as many as you like)	
8	 I will ask my doctor for advice on how to quit smoking 	
	 I will read materials about the dangers of second hand smoke 	
	 I will set a target date to quit smoking 	
	 I will smoke less cigarettes a day 	
	 I will smoke outside of the house at all times 	
	 I will not smoke in the car with my asthmatic child/grandchild 	
Goal	I will try to reduce the following asthma triggers in my home-	
9	Dust Mites, Mold, Animal Dander, Cockroaches,	
	Smoking, Strong Odors	