



Your partners
in asthma management

ASTHMA SELF-MANAGEMENT GOALS

For Children 9 and Younger

Asthma is a 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 1: I will know how to tell my child's asthma is getting worse and call my doctor.

Goal 2: I will help my child follow their action plan and take all their medicine.

Goal 3: I will take all my child's medicine with me when we go to see the doctor.

Goal 4: I will learn what triggers my child's asthma and help them stay away from those triggers.

Goal 5: I will help my child to learn how to use:

- MDI Spacer Peak Flow Meter

Goal 6: I will know my child's:

- Early asthma warning signs Green, Yellow, Red Peak Flow zones

Goal 7: How will I know if my child's asthma is under control? What should they be able to do that they cannot do now?

- Sleep through the night Run Not miss school
 Stay out of the hospital and emergency room Be able to take medicine without side effects

For adults in the home of asthmatic children

Goal 8: If I am a smoker (check as many as you like):

- I will ask my provider 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 outside the house at all times.
 I will not smoke in the car with my asthmatic child.
 I will smoke ___ less cigarettes a day.

Goal 9: I will try to reduce the following asthma triggers in my home:

- Dust mites Mold Animal dander Cockroaches
 Smoking Strong odors

Parent Signature _____ Date _____

