
What's in This Book

1. What You Need to Know About Asthma 1

- If You Think Your Child Might Have Asthma 2
- Asthma 5
- Asthma Signs 8
- Asthma Attack 12

2. Taking Charge of Your Child's Asthma 17

- Asthma Triggers 18
- Asthma Severity Levels 24
- Asthma Control 27

3. Planning to Care for Your Child's Asthma 31

- Peak Flow Meter and the Asthma Action Plan 32
- Personal Best Peak Flow Number 37
- Peak Flow Meter Color Zone System 39
- Asthma Action Plan 42

4. Your Child's Asthma Medicines 49

- Asthma Medicine 50
- Quick-Relief Medicine 54
- Controller Medicine – Inhaled Corticosteroids 57
- Other Controller Medicines 62
- Oral Steroids 67

What's in This Book

5. Helping Your Child Take Medicines	71
• Metered Dose Inhalers with Holding Chambers	72
• Using a Holding Chamber	82
• Using a Mask with Holding Chamber	87
• Using a Nebulizer	91
• Dry Powder Inhalers	98
6. Your Child's Health	103
• Benefits of Exercise	104
• When Exercise Brings on Asthma	108
• Allergy Shots and Asthma	112
• Spit Up, Sour Stomach, and Heartburn	115
• Hay Fever	119
• Sinus Infection	122
7. Living with Asthma	125
• Doctor Visits	126
• Asthma at Day Care	129
• Asthma at School	133
Word List	139
What's in This Book from A to Z	145
People We Want to Thank	151