



Helping Children Understand Asthma

According to the U.S. Department of Health and Human Services, Asthma is one of the leading causes of school absence due to illness. Parents, teachers, coaches and others can play an important role in helping children understand and prevent asthma attacks.




**The Breathing
Association**
Helping you breathe easier.

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by the Ohio Environmental
Education Fund

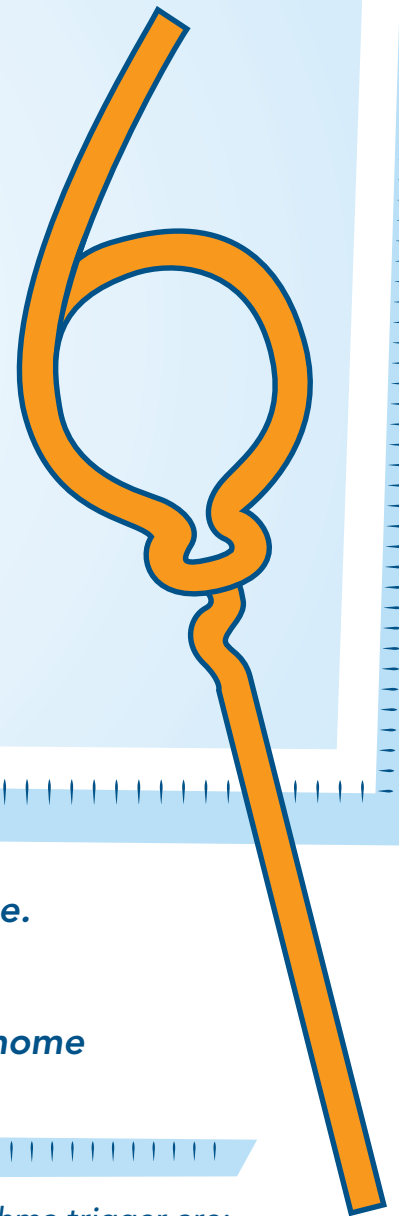
**United
Way** 
United Way
of Central Ohio
Member Agency

Ever Wonder What it Feels Like to Have an Asthma Attack?

Try This

- 1 Run in place for one minute.
- 2 Place a straw in your mouth and hold your nose.
- 3 While holding your nose, breathe through the straw for one minute.

Can you describe how that feels?



Some things make it hard for a child with asthma to breathe.

These are called TRIGGERS.

How many things can you find at school, on the bus, or at home that might trigger an asthma attack?

What things can you find that are:

- Scented
- Moldy
- Stinky
- Dusty
- Dirty
- Smokey

Other things that can be an asthma trigger are:

- Animal Dander
- Outdoor Air Pollution
- Cockroaches
- Cigarettes

Books to share in the classroom

The ABC's of Asthma by Kim Gosselin
JayJo Books (age 5-7)

The Babysitter's Club: Welcome to the BSC
Abby by Ann M. Martin (ages 11-15)

I'm Tougher Than Asthma
Alden R. Carter and Siri M. Carter (ages 5-10)

Jackie Joyner-Kersey: Champion Athlete
(ages 13-17)

The Lion Who Has Asthma
Jonathan London (ages 5-7)

Once Upon a Breath: the story of a wolf, 3 pigs and asthma
Aaron Zevy, Tumbleweed Press

The Respiratory System
Darlene Stille, Children's Press

Sportercise!
By Jim Gosselin (Teachers and Children ages 6-9)

Taking Asthma to School
Kim Gosselin, JayJo Books (Teachers and Children ages 6-9)

ZooAllergy
Kim Gosselin, JayJo Books (ages 6-9)