National Asthma Week 1-7 September
The theme for National Asthma Week 2016 is Become a Better Breather. National Asthma Week coincides with the beginning of spring and as pollens are a known trigger for asthma, this is an excellent time to ensure your child’s asthma is well controlled. Sections of the Asthma Australia website that can help with asthma management include:

- Take the Asthma Control Test to see if you could make improvements to help your child become a better breather.
- Manage allergies often linked with asthma, including allergic rhinitis (hayfever).
- Did you know? 90% of people with asthma use their medications incorrectly.
- Check your child’s technique to see if they are getting full benefit from their medication.

Regular review of your child’s asthma with your GP and pharmacist will help them to become a better breather.

Need help with your child’s asthma? Contact our Asthma Assist line on 1800 ASTHMA (1800 278 462) and talk to one of our friendly Asthma Health Professionals.

For secondary aged students:
Young people with asthma
Asthma Australia has established a Facebook page, Young People with Asthma – Australia, to provide the latest information and research for these young people and their supporters. We recently commenced posting profiles to share young people’s stories and experiences. Refer to the page for details if you have a child who might want to share their asthma story. We are also setting up a Q&A function where an Asthma Educator will respond to young people’s questions through the page.

Asthma Management in Winter and Spring:
Asthma is one of the most common chronic childhood conditions, affecting 1 in every 10 children in Australia. Emergency admissions and hospitalisations peak during the winter for children with asthma and flare-ups are often more prevalent during the winter and spring. Good management however can help children with asthma and their carers get through this tricky time of year with more confidence.

Here are a few tips for parents and carers:

- make an annual appointment for an asthma review by your child’s doctor
- update your child’s Asthma Plan at the start of each year and provide a copy to the school
- talk to the teacher and other key staff about your child’s asthma – their usual triggers, symptoms and medication
- provide an in-date blue reliever puffer and spacer for use at school (clearly labelled with child’s name and date of birth)
- help your child understand the importance of taking their preventer medication every day, as prescribed
- ask their doctor about having a flu vaccination
- encourage hand washing and covering one’s mouth when coughing to help prevent the spread of germs