

# Helping Your Child Use an Incentive Spirometer

Helping Your Child Use an Incentive Spirometer.

Have your child sit upright. Then take 1 normal breath in and out.

With the spirometer in their hands, have your child put their lips tightly around the mouthpiece.

Now, have your child slowly and deeply inhale through the mouthpiece. Do not breathe through the nose.

As your child inhales, a ball or disc will show how slowly your child is breathing in. Make sure your child keeps the disc in the target range.

Your child needs to breathe in deeply until they reach their mark, as indicated on the spirometer. Your child's care team will tell you what that mark is.

After your child reaches their mark, have them hold their breath for at least 3 seconds, or for as long as directed by their care team. Then slowly breathe out.

When awake, your child needs to repeat this exercise as many times every hour as directed by their care team.