

Asthma: Helping Your Child Measure Peak Flow

Peak flow is how much air your child breathes out when they're trying hard.

Checking peak flow lets you know how well your child's lungs are working. It also helps you know if your child's asthma is staying the same, getting better, or getting worse.

A peak flow meter is an easy tool you can use to check on your child's lungs. These meters come in many shapes and sizes, but they all work about the same.

Here's how to measure your child's peak flow.

First, set the pointer of the peak flow meter to 0 or to the lowest number on the meter.

Second, if there is a separate mouthpiece, attach it to the meter.

Now, have your child sit up or stand up as straight as possible and take a deep breath.

Next, have your child tightly close their lips around the mouthpiece, keeping their tongue away from the mouthpiece. Their fingers should be away from the number scale.

Now, have your child blow out as hard and as fast as they can.

Okay, now note the number on the meter, and write it down. Do the test 2 more times.

The highest of these 3 tests is your child's peak flow.

Be sure to talk to your child's doctor about peak flow.

Measuring peak flow can help you know how well your child's lungs are working so you can help manage your child's asthma.

And that can help your child feel better and breathe easier.