

What is Childhood Asthma?

If your child has been diagnosed with asthma, learning more about it can help both of you feel better.

Asthma causes the airways to swell and become narrow. Mucus can also build up along the airways. As a result, air can't move in and out of the lungs very well, making it hard to breathe.

Certain things—like dust, pollen, or smoke—can irritate airways even more. These triggers can lead to a flare-up, or asthma attack.

When your child has asthma, you may notice these symptoms: coughing, especially at night; tightness in the chest; shortness of breath; and wheezing.

During a flare-up, these symptoms get worse.

Asthma is a long-term, or chronic, lung problem. It can't be cured. But you can do many things to help your child breathe better and prevent an asthma flare-up.

And your care team is ready to show you how!

Consider asking about: Treatment options, like inhaler medicines.

Ways to avoid their asthma triggers.

Ways they can manage their asthma and still be active.

And emotional support resources, like a support group where you can connect with others who have children living with asthma.

Your child's care team will help you make a plan to manage asthma.

They are here to support and guide you, so you can help your child feel their best and avoid flare-ups.