

Child Care Provider Implementation Tips

Tool

Resource: Creating Asthma Friendly Environments

The following implementation tips include activities appropriate for child care providers to create/support an asthma friendly child care centre:

- Know which children have asthma and/or use asthma medication.
- Distribute the Asthma Information Package to parents/guardians of children with asthma.
- Ensure each parent/guardian of a child with asthma completes and returns the forms included in the Asthma Information Package.
- Meet with each parent/guardian of a child with asthma to review their completed forms from the Asthma Information Package.
- Post/keep a copy of the [**Child Asthma Management Plan**](#) for each child with asthma in the room to provide easy access for those working in the room.
- Ensure easy access to the child's asthma medication at all times, including on child care centre field trips and any offsite trips. For instance, keeping inhaler medication in the room, allowing students to carry inhalers, or staff carrying inhaler medications when offsite.
- Know which children require assistance to use their inhaler.
- Feel comfortable with your ability to assist a child with asthma to use an inhaler.
- Know how to recognize and respond to worsening asthma and an asthma emergency.
- Display the Lung Health Foundation's [**What to do in the event of an Asthma Attack**](#) poster in each room as a reminder of the steps to take if a child is experiencing worsening asthma.
- Inform parents/guardians when children have signs of worsening asthma while under your care.

- Know the asthma triggers for children in your rooms, which are identified on their *Child Asthma Management Plan*.
- Take action to reduce exposure to asthma triggers whenever possible, except for physical activity.
- Encourage children with asthma to participate in all activities, including physical activity, to the best of their abilities.
- Understand how to prevent and respond to symptoms associated with exercise/physical activity-induced asthma.
- Notify parents/guardians well in advance of field trips and identify the types of activities and potential trigger exposure involved.