

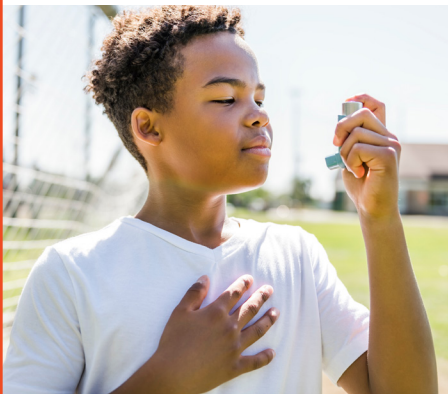


Oregon City Pediatrics

Take Care

HEALTHY TIPS
for **FALL 2024**

With all the back-to-school list items on a parent's list, one thing you can't forget is making sure the school is aware of your child's asthma needs! Once that is checked off, both you and your child will breathe easy knowing that there is an asthma plan in place at school. Never hesitate to ask your pediatrician if you have questions or concerns about setting your child up for success with their asthma! Take a deep breath, and as always, take care.



Asthma Management at School

Children spend a significant part of their day at school. That is why it is so important that asthma symptoms are well managed while they are there. It is also important that you are aware of your child's symptoms and any problems with how your child's asthma is managed in school.

Effective Communication

Good communication is essential to asthma care and management in school. The school needs to know about your child's asthma, how severe it is, what medications your child takes, and what to do in an emergency. This communication can be helped by having your health care provider complete an asthma action plan for the school, as well as a medication permission form that includes whether your child should be allowed to carry and use her own inhaler. You should also sign a release at school and at your health care provider's office to allow the exchange of medical information between you, the school, and your health care provider.

Your child's school needs to communicate to you its policies on how your child will get access to her medications and how they deal with emergencies, field trips, and after-school activities. The school should also inform you about any changes or problems with your child's symptoms while she is at school.

Peak Flow Meter

Peak flow meters can be helpful for school staff in determining the severity of an asthma attack. If your child's health care provider has recommended a peak flow meter, determine your child's best peak flow (your health care provider should tell you how to do this). Then keep a peak flow meter at school.

School Environment

The environment at school is as important as the environment at home.

The Children's Health Foundation is a non-profit organization that partners with your Pediatrician to develop quality health care programs in our community. We work together to foster the highest quality care for children, to raise awareness on health issues, and to achieve better children's health outcomes. Please ask your provider for more information.

CHILDREN'S HEALTH *foundation*

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Coping With Asthma at School

Students with asthma face a number of problems related to school. Talk to your child about how well his asthma is being managed in school. Also talk to your child's teachers, school nurse, coaches, and other school personnel to get their opinions on how well your child is coping with asthma in school and to see if asthma symptoms are causing any of the following problems:

- Missing school due to asthma symptoms or doctor visits.
- Avoiding school or school activities. Work with your health care provider and school personnel to encourage your child to participate in school activities.
- Not taking medication before exercise. Your child may avoid going to the school office or nurse's office to use his inhaler before exercise. Schools that allow children to carry their inhalers with them can help avoid this problem.
- Side effects from medication. Some asthma medications may alter your child's ability to perform in school. Teachers need to know if and when your child takes asthma medication so that you can be notified if there are any problems.

Physical activity is important for your child's physical and mental health. Children with asthma should be able, and encouraged, to participate completely in physical education, sports, and other activities in school. All students should have some knowledge of asthma basics and management. Encourage your school to offer asthma awareness education as part of the health education curriculum.

Know Your Rights

Learn about the federal laws that can help you with asthma management concerns at school. These include the following:

- Section 504 of the Civil Rights Act of 1973
- Americans with Disabilities Act (ADA)
- Individuals with Disabilities Education Act (IDEA)



Asthma Fables and Facts

Although our knowledge of asthma is expanding year by year, many people still cling to outdated beliefs about the disease. Following are some that are often repeated:

***Fable:* Asthma comes and goes.**

FACT: Asthma is often an inflammatory condition that is always in the airways, even when the person is not having trouble breathing. Exposure to an asthma trigger can worsen symptoms, but the underlying condition never goes away, although it can be controlled with medications and environmental control measures.

***Fable:* Asthma is an emotional disorder; it's "all in the mind."**

FACT: Asthma is a lung disease; it affects the airways, not the brain. It's true that symptoms may get worse when a person is under emotional stress, but this is probably more marked in adults and less so in children. Changes in the airways in asthma occur through physiological mechanisms, not emotional ones.

***Fable:* People with asthma should use medications only when they have attacks; otherwise, the medications lose their effect.**

FACT: Regularly using medications is the only way to calm the underlying airway inflammation and prevent asthma flare-ups. Used at the correct dosage, daily medications do not lose their effect or cause uncomfortable side effects. Effective antiasthma medications include inhaled beta-agonists such as albuterol to

stop attacks, and inhaled steroids, long-acting beta-agonists, and leukotriene modifiers to prevent attacks from occurring at all.

***Fable:* Asthma is just an annoying condition, not a real disease.**

FACT: Asthma can kill when people do not get treatment to control the underlying condition and stop severe attacks. If everybody who needed medications used the proper ones to control symptoms and prevent flare-ups, hospitalizations and deaths from asthma would be greatly reduced.

***Fable:* Children grow out of asthma.**

FACT: Most people who have asthma are born with a tendency to the condition and keep it for life. It is true many children get much better with age, and their asthma appears to go away completely. However, many have it return in adulthood. Other children who still have asthma are less likely to lose their asthma as they go into their adult years.

***Fable:* Asthma clears up when you move to a warm, dry climate.**

FACT: If the proper environmental measures are taken and medications are regularly used, people with asthma can live comfortably in any climate they prefer. Very rarely do people ever have to move out of a city or other area because of their asthma.

Guide to Your Child's Allergies and Asthma (© 2011 American Academy of Pediatrics)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

Prevent Bullying at School

Bullying or cyberbullying is when one child picks on another child repeatedly. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood or through mobile devices like cell phones.



When your child is bullied

- **Alert school officials to the problems** and work with them on solutions.
- **Teach your child to be comfortable** with when and how to ask a trusted adult for help. Ask them to identify who they can ask for help.
- **Recognize the serious nature of bullying** and acknowledge your child's feelings about being bullied.
- **Help your child learn how to respond** by teaching your child how to:
 1. Look the bully in the eye.
 2. Stand tall and stay calm in a difficult situation.
 3. Walk away.
- **Teach your child how to say in a firm voice:**
 1. "I don't like what you are doing."
 2. "Please do NOT talk to me like that."
- **Encourage your child to make friends** with other children.
- **Support outside activities** that interest your child.
- **Make sure an adult who knows about the bullying** can watch out for your child's safety and well-being when you cannot be there.
- **Monitor your child's social media or texting interactions** so you can identify problems before they get out of hand.

When your child is the bully

- **Be sure your child knows** that bullying is never OK.
- **Set firm and consistent limits** on your child's aggressive behavior.
- **Help your child learn empathy** for other children by asking them to consider how the other child feels about the way your child treated them. Ask your child how they would feel if someone bullied them.
- **Be a positive role model.** Show children they can get what they want without teasing, threatening or hurting someone.
- **Use effective, non-physical discipline**, such as loss of privileges.
- **Focus on praising your child when they behave in positive ways** such as helping or being kind to other children as opposed to bullying them.
- **Develop practical solutions** with the school principal, teachers, school social workers or psychologists, and parents of the children your child has bullied.

When your child is a bystander to bullying

- **Encourage your child to tell a trusted adult about the bullying.** Encourage your child to join with others in telling bullies to stop.
- **Help your child support other children** who may be bullied. Encourage your child to include these children in activities.

Did you know chemical irritants are an asthma trigger?

Reduce your exposure!



Always follow instructions on the product label. Use products that are effective with the least amount of toxic ingredients possible.



If your asthma symptoms get worse when you use a particular product, consider trying different products.



If you must use a particular product, ventilate with open windows, doors, exhaust fans.

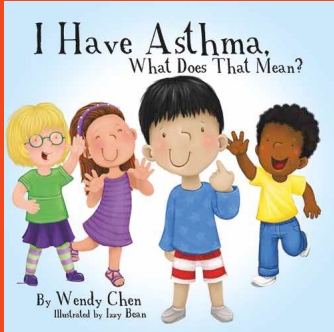


Work with a healthcare provider to identify your asthma triggers and develop an asthma action plan to reduce triggers in your home.

Book Recommendations

I Have Asthma, What Does That Mean?

Wendy Chen (ages 5-8)



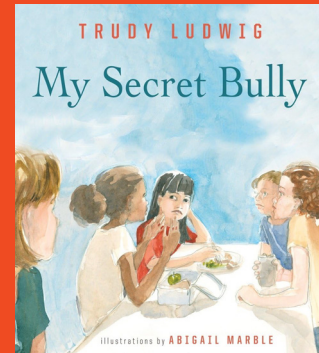
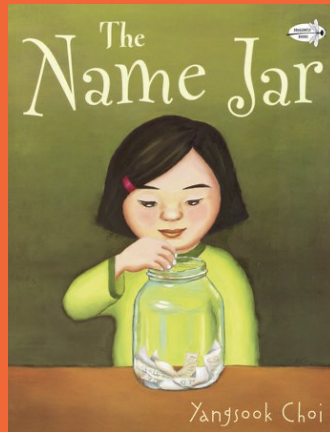
Asthma is treatable. Asthma is controllable. Asthma doesn't have to be scary.

These are the lessons the boy in this story learns, with the help of his parents, his doctor, and his imagination. For any child with a classmate, friend, or relative with asthma, *I Have Asthma, What Does That Mean?* shows asthma is nothing to be embarrassed or shy about. It explains what happens during an asthma attack, and how keeping asthma under control can be a manageable part of a normal, active lifestyle.

The Name Jar

Yangsook Choi (ages 5-8)

Being the new kid in school is hard enough, but what happens when nobody can pronounce your name? Having just moved from Korea, Unhei is anxious about fitting in. So instead of introducing herself on the first day of school, she decides to choose an American name from a glass jar. But while Unhei thinks of being a Suzy, Laura, or Amanda, nothing feels right. With the help of a new friend, Unhei will learn that the best name is her own.



My Secret Bully

Trudy Ludwig (ages 6-9)

Here is the all-too-familiar story of Monica. She and Katie have been friends since kindergarten. Monica loves being around her when she's nice. But there are times when Katie can be just plain mean. And Monica doesn't understand why.

Monica is a target of **relational aggression**, emotional bullying among friends who will use name-calling and manipulation to humiliate and exclude. But with a little help from a supportive adult—her mother—Monica learns to cope and thrive by facing her fears and reclaiming power from her bully.



Ways to ask "How was your day?" without asking "How was your day?"

Avoid the one-word answers when asking how your kid's day was today!

- What was your favorite thing about today?
- What is something you did today that you would want to do every day?
- What problems did you solve today?
- What was the funniest thing you saw or heard today?
- What's one thing you learned today you think I might not know?
- What's one thing about today you wish you could do over?
- Did you learn something you didn't understand?
- Did you help anyone today?
- What are you excited to do at school tomorrow?
- What was the hardest thing you did today?

COVID-19 still circulating.

Protect yourself and your loved ones with these simple steps.



Wash hands thoroughly and frequently.



Cover coughs and sneezes.



Stay home when sick, if possible.



Consider wearing a mask.



Disinfect common, high-touch areas.



Get vaccinated against COVID-19.