





## Ideas for Parents

You can be involved in your child's school by **attending** meetings, workshops, or training events offered by the school; **communicating** with school staff and other parents; **volunteering** for school events or in your child's classroom; **reinforcing** healthy messages and practices your child learns at school; **helping** make decisions about health in the school; and **being part** of community activities supported by the school. Here are some specific ideas for how you can support your child's school in addressing asthma.

- Advocate for a full-time registered nurse in school.
- Have an ongoing conversation with your child to discuss their asthma triggers, their feelings about having asthma, and if they feel safe and supported at school.<sup>5</sup>
- Work with your child's health care provider to provide an Asthma Action Plan for the school and for the timely completion of required school forms. Encourage communication between school health services and your child's health care provider.
- Make sure that the school has your child's emergency asthma medication so that asthma symptoms can be managed at school.
- Keep your emergency contact information up-to-date with the school's registered nurse, teacher and secretary.
- Communicate with your child's teachers, counselors, and school health services staff about your child's asthma triggers and any concerns about coping while at school.
- Join groups, such as the PTA, school wellness committee, or school health advisory council, that address the needs of a supportive and healthy school environment.<sup>6</sup>
- Share research-based websites or written materials about asthma with teachers, nurses, and administrators, when possible, e.g., <http://www.cdc.gov/healthyschools/asthma/index.htm>.
- Advocate for asthma-friendly school policies.



Check out additional resources for parents related to the school nutrition environment and services, physical education and physical activity, and managing chronic health conditions at <http://www.cdc.gov/healthyschools/P4HS.htm>.

## REFERENCES

1. Centers for Disease Control and Prevention. *Learn How to Control Asthma—Parents*. <https://www.cdc.gov/asthma/parents.html>. Accessed March 25, 2019.
2. Centers for Disease Control and Prevention. *Asthma and Schools*. <http://www.cdc.gov/healthyschools/asthma/index.htm>. Accessed March 25, 2019.
3. Centers for Disease Control and Prevention. *Health and Academic Achievement*. Atlanta: US Dept of Health and Human Services; 2014.
4. American Lung Association. *Creating an Asthma Action Plan*. <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/asthma/living-with-asthma/managing-asthma/create-an-asthma-action-plan.html>. Accessed March 25, 2019.
5. Centers for Disease Control and Prevention. *School Connectedness: Strategies for Increasing Protective Factors among Youth*. Atlanta: US Dept of Health and Human Services; 2009.
6. Centers for Disease Control and Prevention. *Parent Engagement: Strategies for Involving Parents in School Health*. Atlanta: US Dept of Health and Human Services; 2012.

