

# Partner with whānau, parents and caregivers

A suggestion for implementing the strategy  
'Develop inclusive systems' from the Guide:  
[Asthma and learning](#)

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## **Includes:**

- Support families and whānau
- Build relationships
- Consider recent research
- Understand parents' concerns
- Create asthma friendly environments
- Useful resources

[Inclusive Education](#)

From

Guide: [Asthma and learning](#)

Strategy: [Develop inclusive systems](#)

Suggestion: [Partner with whānau, parents and caregivers](#)

Date

20 May 2024

Link

[inclusive.tki.org.nz/guides/asthma-and-learning/partner-with-whanau-parents-and-caregivers](https://inclusive.tki.org.nz/guides/asthma-and-learning/partner-with-whanau-parents-and-caregivers)

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## Support families and whānau



Source:

[Asthma + Respiratory Foundation NZ](#)

<https://learnaboutlungs.asthmaandrespiratory.org.nz/#/>

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## Build relationships

Suggestions for working with parents, whānau, and caregivers.

- ✓ Listen to family and whānau concerns about their child or young person's asthma.
- ✓ Take time to follow up on asthma medical information to find out the supports that may be needed and what is helpful.
- ✓ Talk with families and whānau about the importance of asthma action plans in supporting their child or young person.
- ✓ Help families and whānau access [asthma action plans](#), if there isn't one in place.
- ✓ Talk with families and whānau about common asthma triggers and work together to reduce these.
- ✓ Talk with families and whānau about asthma medication and how this affects their child or young person.
- ✓ Ask how you can support access to medication and identify when more support might be needed.
- ✓ Find out the signs to look out for that indicate a child or young person's asthma is not under control.
- ✓ Work together to understand any medical language or approaches, such as “reliever”, “inhaler”, “asthma action plan”, that may be unfamiliar.

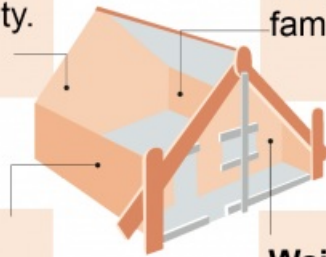
## Consider recent research

### Hinengaro (Psychological)

Improved asthma management gives confidence to the child and whānau for managing future attacks and relieves anxiety.

### Whānau (Family)

Improved asthma management results in less distress for the family and can also result in more participation in family activities.



### Tinana (Physical)

Improved asthma management increases the ability of the child to participate in physical activities, i.e. playing with other children.

### Wairua (Spiritual)

Improved asthma management allows the child to feel a sense of well-being.

Source:

Adapted from [Asthma and Chronic Cough in Māori children](#)

[https://bpac.org.nz/BPJ/2008/May/docs/bpj13\\_cough\\_pages\\_20-24.pdf](https://bpac.org.nz/BPJ/2008/May/docs/bpj13_cough_pages_20-24.pdf)

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## Understand parents' concerns

Continuity of asthma management when children are at school is a concern for all parents... Children were kept home frequently due to their asthma, with parents stating they didn't have confidence that school staff managed their child's asthma properly.

**Source:**

[He Māramatanga Huangō: Asthma Health Literacy for Māori Children in New Zealand](#)

<https://www.asthmafoundation.org.nz/research/he-maramatanga-huangō-asthma-health-literacy-for-māori-children-in-new-zealand>

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## Create asthma friendly environments

- 1 Establish a process to identify children and young people with asthma.
- 2 Allow children and young people easy access to reliever inhalers.
- 3 Establish a process for handling worsening asthma.
- 4 Identify and reduce exposure to common asthma triggers within the environment.
- 5 Encourage children and young people with asthma to participate in all activities, especially physical activities.
- 6 Provide staff, family, whānau, children, and young people with opportunities to learn about asthma.
- 7 Collaborate with families, health care professionals, and staff to create asthma- friendly environments.

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## Useful resources



### He Māramatanga Huangō: Asthma health literacy for Māori children in New Zealand

Read time: 158 min

This report address approaches to improving asthma outcomes for Māori children.

Publisher: Asthma NZ

[Visit website](#)



### Teen asthma: A teenagers guide to asthma

Information for teenagers explaining what asthma is, different types of medication and ways to keep fit and healthy.

Publisher: Asthma NZ

[Visit website](#)



### Asthma control test

A short online test in English or Māori containing five questions. The test is for adults or children. It provides a snapshot of how well your asthma has been controlled over the last four weeks.

Publisher: GSK group of companies

[Visit website](#)

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