

Ask for asthma action plans

A suggestion for implementing the strategy 'Review your policies and procedures' from the Guide: [Asthma and learning](#)

Includes:

Ask whānau for an up-to-date action plan

Purpose of asthma action plans

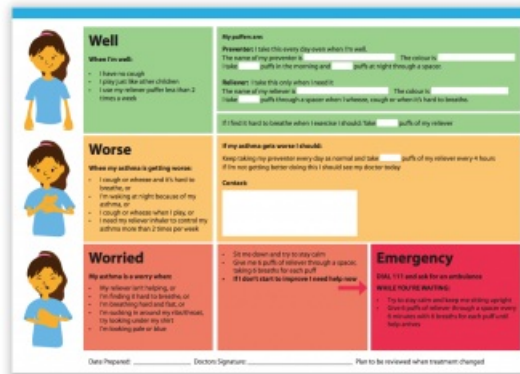
Benefits of asthma action plans

Parent voice

Health care and action plans

Useful resources

Ask whānau for an up-to-date action plan



Source:

Asthma + Respiratory Foundation NZ

<https://s3-ap-southeast-2.amazonaws.com/assets.asthmafoundation.org.nz/documents/Asthma-Management-Plan-Child-Resource.pdf>

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Guide: [Asthma and learning](#)

Strategy: [Review your policies and procedures](#)

Suggestion: [Ask for asthma action plans](#)

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08 June 2026

Link

inclusive.tki.org.nz/guides/asthma-and-learning/ask-for-asthma-action-plans

Purpose of asthma action plans

Asthma action plans are individualised and help the child or young person with asthma and/or their carer to manage their asthma (including medications) and recognise worsening asthma. They give clear instructions on what to do in response to an asthma attack.

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Benefits of asthma action plans

Using and sharing a written asthma action plan means:

- ✓ everyone has access to the same medical information
- ✓ personalised support is provided if asthma symptoms get worse
- ✓ children and young people can identify what to do when they are well, unwell, or need help in an emergency
- ✓ all staff are confident about recognising and responding to an asthma emergency.

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Parent voice

Zak's written asthma action plan gets updated any time his treatment changes. I make sure that the school and the boys' dad have a copy too, so that we're all working from the same guidelines. It's got all the important information on it and I find it very helpful to make sure everyone is doing what they should be.

Mother of two sons with asthma

Source:

[Asthma UK](#)

<https://www.asthma.org.uk/advice/child/manage/action-plan/>

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Health care and action plans

Understand the difference between health care and action plans.

Health care plans

- A health care plan identifies a child's serious health conditions and the support needed. Only people with severe or poorly controlled asthma will need a health care plan.
- Principals in schools and persons responsible in ECE services, with input from a child's wider support team, write health care plans.
- Use the Ministry of Education drafting [health care plans](#) to determine if a learner requires a health care plan.

Asthma action plans

- Action plans support children and young people with mild and occasional symptoms to severe asthma episodes.
- Asthma action plans support health care plans.
- They are developed by a health professional with the family.
- Ask for a copy of the learner's asthma action plan.

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Useful resources

School policies and
asthma plans



School asthma policy

Read time: 2 min

A suggested asthma policy for NZ schools.

Publisher: Asthma + Respiratory Foundation, NZ

[Download PDF](#)



Child asthma action plan

An example of an Asthma Action Plan.

Publisher: Asthma + Respiratory Foundation, NZ

[Visit website](#)



Teacher's asthma toolkit: Asthma management

Information on asthma action plans. This web page includes a video of a parent talking about asthma action plans.

Publisher: Asthma + Respiratory Foundation, NZ

[Visit website](#)

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