

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. Share the [My Asthma App](#) with them.
- ✓ 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.

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