

# Create a supportive environment

Tips for creating supportive environments for children and young people with asthma.

- ✓ Know which children and young people have asthma.
- ✓ Have a copy of their asthma action plan.
- ✓ Recognise the early warning signs of an asthma episode.
- ✓ Provide a quiet space and/or activity to allow recovery from an acute episode.
- ✓ Support learner's transition back to learning after illness.
- ✓ Recognise when children and young people show signs of poorly controlled asthma or worsening asthma.
- ✓ Support easy access to medication.
- ✓ Connect with parents to discuss any concerns.

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