

# KIDS' BREATHING CHECK

Ask your child these questions:

- 
- 1** Do you ever make a squeaky or rattling noise when you breathe?
-  No, never  
 Yes, sometimes
- 
- 2** How much do you cough or get a tight chest?
-  Never or sometimes  
 Lots of the time
- 
- 3** Does your breathing ever make it hard to play sports or run?
-  No, never  
 Yes, sometimes
- 
- 4** If you have a blue puffer, how much do you use it?
-  Not very much  
 All the time
- 
- 5** Does your breathing ever wake you up?
-  No, never  
 Yes, sometimes
- 
- 6** How is your breathing today?
-  Good  
 Bad
- 

If your child gave any sad face answers...



**CALL US FOR FREE**  
Monday-Friday, 9am-5pm

**1800 ASTHMA**  
(1800 278 462)



**ASTHMA  
AUSTRALIA**



# **SUPPORT FOR THE WHOLE FAMILY**

**Every year, we help thousands  
of people breathe better**

## **We can help answer questions like:**

- How I do know if someone has asthma?
- Why does my asthma get worse in winter?
- Can mould affect my breathing?
- Does everyone need an Asthma Action Plan?
- I can't breathe when I walk down to check the mail. Is this normal for my age?

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