

Do you look after a child with asthma?



At Asthma + Lung UK, we give advice and support to everyone living with a lung condition.

Our online Parent Carer Support Network is a safe and friendly space for parents, carers, and anyone who looks after a child with asthma. Get free expert advice on how to manage your child's asthma and meet other families who understand what you're going through.

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| March 2024 | Help your child at home: Understand your child's asthma action plan and how to manage their asthma at home. |
| April 2024 | Managing your child's medication: Discover the different types of inhalers and learn how to manage your child's medication. |
| May 2024 | How does air pollution affect asthma? Learn about the effects of air pollution and seasonal allergies on your child's asthma. |
| June 2024 | Breathing well: Help your child to breathe well when they are feeling breathless. |
| July 2024 | Sweet dreams: Make sure your child gets the best night's sleep possible, when living with asthma. |
| August 2024 | Back to school: How to help your child manage their asthma in school. |
| September 2024 | After school clubs and asthma: How to help your child manage sports and clubs when they have asthma. |
| October 2024 | From hospital to home: What happens when your child is admitted to hospital, and what to do when they are sent home. |
| November 2024 | Stay well in the festive season: Get help with managing allergies, intolerances and asthma in the festive season. |



To sign up to our online sessions, scan the QR code or visit asthmaandlung.org.uk/parent-carer-support-network
Contact us on supportgroups@asthmaandlung.org.uk
or **0300 222 5800**.

