

Asthma is different in babies simply because their lungs do not work as well as the lungs of an older child or adult. As a result, a severe episode of asthma can quickly result in lung failure.

What to do:

- Follow the appointment schedule for checking on your infant's asthma. The doctor will want to see your child regularly even if he or she is not having problems.
- If your infant has asthma symptoms, act quickly. Follow the asthma control plan your doctor made for handling symptoms.
- Watch your infant closely for signs to seek emergency care. These signs include:
- Breathing rate increases (to over 40 breaths per minute while the infant is sleeping). Count the number of breaths in 15 seconds and multiply by four.
- Suckling or feedings stops.
- Skin between the infant's ribs is pulled tight.
- Chest gets bigger.
- Coloring changes (pale or red face; fingernails turn blue).
- Cry changes in quality----becomes softer and shorter.
- Nostrils open wider (nasal flaring).
- Grunting.

Be prepared. Do not wait until the last minute to learn how to handle an emergency. Know your baby's Asthma Action Plan well, and think about how you'll get to the doctor, emergency room, or hospital, and who will care for your other children.

DO NOT do these things if your baby is having asthma symptoms:

- DO NOT give your baby a lot of liquid to drink – normal amounts are ok.
- DO NOT have your baby breathe warm, moist air (like the mist from a hot shower or vaporizer)
- DO NOT have your baby rebreathe into a bag held tightly over his or her nose and mouth.
- DO NOT give your baby over the counter medicines. Use only medicines the doctor has directed you to give for asthma.

Symptoms are made worse by

- Viral infection (such as a viral cold or bronchitis)
- Smoke (smoke, wood, etc.) or other irritants like (strong perfumes, or strong odors such as candles, and household cleaners etc..).
- Active playing.
- Things the baby is allergic to, such as pollen, animal fur, food etc..
- Changes in weather/humidity.
- Crying or laughing.

Asthma and Infants/Babies

GREEN ZONE

Baby feels good and acts normal. Follow your Asthma Action Plan to stay in this zone.

Yellow Zone - Red Zone

If your baby has asthma symptoms, like wheezing, coughing, or rapid breathing, take care of it right away! Follow your Asthma Action Plan.

Other Tips:

- Share the Asthma Action Plan with your baby's childcare center, or others who may care for your child.
- Try to reduce your baby's exposure to asthma triggers.
- Don't panic during an asthma episode. Remain calm, and follow the Asthma Action Plan.
- Take a class to learn more about asthma management.
- Always have quick easy access to your baby's medicine at all times. Replace as needed.

KICKAsthma
Hendrick Asthma Education Program

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