



Relaxation Methods for Children With Asthma

It can be very frightening to your child when he or she has difficulty breathing. It is important to relax and remain calm, because anxiety can make the symptoms worse. If your child becomes anxious during an asthma episode, you can try one of the following methods to help your child relax.

First Method

- Relax the shoulders and neck.
- Breathe in through the nose.
- Breathe out through puckered lips.

Second Method

- Place the hands on the stomach.
- Breathe in deeply through the nose so the stomach and hands rise.
- Breathe air slowly out of the mouth while watching the stomach and hands fall.
- Try not to move the chest while breathing.

Warning Signs of Difficult Breathing

If your child has any of the symptoms below, follow your emergency medicine plan. **If these symptoms are not relieved within 30 minutes or your child's symptoms worsen, take your child to the hospital:**

- Skin in chest is pulling in with each breath (you may see this between and below the ribs, at the throat or at the shoulder blades)
- Nose flares with each breath
- Child cannot finish sentence without extra breath
- Child is hunching shoulders upward with each breath
- Infant is unable to nurse or take a bottle
- Breathing is fast or shallow
- Your child appears unusually scared because of difficulty breathing

If your child has any of the symptoms below, call 911:

- Lips or nail beds are gray or blue
- Difficult to walk or talk
- Cannot stop coughing
- Extreme difficulty breathing