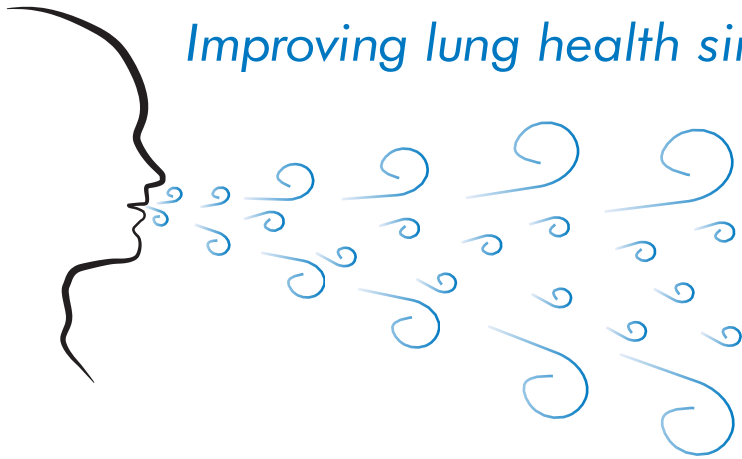


Improving lung health since 1916



Breathe New Hampshire's Asthma Care for Kids™ program is helping child care providers, teachers, parents and coaches to better understand Asthma.



Helps Participants **Learn:**

- The basics of asthma
- Asthma triggers & how to reduce/avoid them
- How indoor air affects our breathing
- Common myths about asthma
- How to recognize asthma warning signs
- How to best manage the disease
- Asthma medicines and what they do

Also **Provides:**

- Practical tips for maintaining a healthy breathing environment for all children-In a childcare setting or home
- Handouts & educational material as well as resources to learn more

Can Be **Used By:**

- Child Care Centers
- Public & Private Schools
- Parents
- And more!