



Asthma is a common, chronic respiratory (lung) disease that affects at least 15-20% of children. There is no cure for asthma but it can be controlled by proper treatment including avoiding triggers and proper use of asthma medication. Symptoms include cough, worse at night and during exercise; shortness of breath; chest tightness; and wheeze.

Allergies and Asthma: What Every Parent Needs to Know

Michael J. Welch

This guide from the American Academy of Pediatrics teaches parents about asthma and how allergies are related.

100 Questions and Answers about Asthma

Claudia S. Plottel

Set up as a series of questions and answers, this book provides a lot of information about asthma.

Can I Tell You About Asthma?: A Guide for Friends, Family and Professionals

Lesley Mills

This book written for elementary students introduces readers to Alfie, a young boy with asthma. He provides his perspective of living with this chronic disease.

Taking Asthma to School

Kim Gosselin

Justin, a boy with asthma, explains his condition, how to control asthma, and what to do during an attack in this book written for children.

Abby's Asthma and the Big Race

Theresa Martin Golding

Abby isn't going to let her asthma prevent her from running in the big race – or even from winning. She and her doctor discuss a plan to make sure she can cross the finish line.

I have Asthma

Jennifer Moore-Mallinos

A young boy has his first asthma attack during soccer practice. He learns about how to control his asthma and that he will still be able to play soccer with his friends without being teased.

The Great Katie Kate Offers Answers about Asthma

M. Maitland DeLand

The Great Katie Kate swoops in to the allergist office and takes three patients on an exciting journey to help them understand asthma.

This list was created by caring Families & Professionals

These resources are available to borrow from:

Family & Community Resource Centre

Alberta Children's Hospital
2888 Shaganappi Trail NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:

fcrc.ahs.ca/rx/asthma

For more information contact the Child Health Information Specialist
at 403-955-7745 or childhealthinfo@ahs.ca

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.



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