

Remember Your Goals!

Your child should be able to:

- **Run, play and do sports without asthma problems**
- **Sleep through the night without asthma problems**
- **Have strong lungs**
- **Not miss school because of asthma**
- **Have no (or very few) hospital visits for asthma**
- **Control asthma using medicines, with as few side effects as possible**
- **Feel good about his or her asthma care**



You and your child can take control of asthma. Work closely with your doctor. Be an active partner in your child's asthma care. Your child will feel better, grow strong and be healthy.

GOALS