

# What Are Your Asthma Goals?

Even with asthma, your child can still lead an active life.

Your child should be able to:

- Run, play and do sports without asthma symptoms
- Sleep through the night without asthma symptoms
- 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

**Even with asthma, your child can still lead an active life.**

**These are common goals that families have for children with asthma.**

List your goals below.

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**The rest of this book explains how you can reach these goals.**

You will learn more about:

- Avoiding what makes asthma worse
- Asthma medicines
- Keeping on top of asthma
- An action plan for asthma

**GOALS**