

Parent voice

Zak's written asthma action plan gets updated any time his treatment changes. I make sure that the school and the boys' dad have a copy too, so that we're all working from the same guidelines. It's got all the important information on it and I find it very helpful to make sure everyone is doing what they should be.

Mother of two sons with asthma

Source:

[Asthma UK](#)

<https://www.asthma.org.uk/advice/child/manage/action-plan/>

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