

Module 3: Putting It All Together: Caring for Children with Asthma

Handout V: How Does It Feel?

Pedro's Story

Pedro is four-years-old. In enrolling Pedro in Head Start, his mother tells a little about him:

“Pedro is very excited about going to Head Start. He loves to run around outdoors, build sand castles, and play on climbing structures. He also has asthma. In the winter, whenever he catches a cold, his asthma gets bad. He also has trouble on cold days. And in the spring and summer, with all the pollen in the air, his asthma can get bad. When his asthma gets bad, Pedro coughs a lot, has trouble breathing, and gets really tired. He takes some medicines for his asthma every day, but when the asthma gets bad he needs special medicines. A few times, his asthma got so bad that he had to be hospitalized.”

1. How does it feel for you? What are you hopeful about? What are your fears and concerns?

2. What do you want to tell or show others?

3. What do you want to know?

4. How do you want to help make the situation healthy and happy?