

Asthma Resource Toolkit - Starter Kit Guide

Asthma is the most common chronic childhood disease nationwide, impacting the lives and families of approximately 7 million children. Most children with asthma can lead a healthy, normal life with optimal self-management. The goal of the Asthma Resource Toolkit - **Starter Kit** is to increase awareness and facilitate access to resources about asthma triggers and prevention practices.

The **Starter Kit** provides a variety of resources on asthma and asthma triggers intended for use by early child care providers, health and asthma educators. The Guide is divided into 5 sections and may be adapted or customized for use:

- Section 1: Background
- Section 2: Overview of Asthma
- Section 3: Resources and Tools for Head Start and Child Care Programs
- Section 4: Resources and Tools for Parents of Pre-school Children
- Section 5: Activities for Young Children

Section 1: Background

Through a national Memorandum of Understanding, the U.S. Environmental Protection Agency and the U.S. Department of Health and Human Services/Administration for Children and Families have combined efforts to improve the health and well-being of young children. This opportunity for both agencies to work together has resulted in an initiative to provide the Asthma Resource Toolkit - **Starter Kit** which offers resources and training materials for providers and educators interested in promoting a healthier environment for children.

The goals are to raise awareness about asthma and environmental asthma triggers; to help families manage environmental triggers in their homes; and to reduce children's exposure to indoor asthma triggers at Head Start and Child Care facilities.

Section 2: Overview of Asthma

Asthma, a chronic respiratory disease that affects lung function, is the most common chronic childhood disease nationwide, impacting the lives and families of approximately 7 million children. Asthma is life-threatening if not controlled. It is not known what causes the onset of asthma or how to cure it. With the help of asthma medication and reducing or avoiding asthma triggers, attacks can be controlled.

Section 3: Resources and Tools for Head Start and Child Care Programs

This section provides the following resources and tools for training of Early Child Care staff on asthma triggers and prevention strategies:

- Asthma Training for Early Child Care Staff [PPT]
- Asthma Resource Toolkit Pre-Test and Post-Test Assessments

- Asthma Resource Toolkit Training Evaluation Form
- Asthma Friendly Environment Checklist
- ACF Publications:
 - Care for Their Air (Head Start Fact Sheets)
- EPA Publications:
 - Asthma Facts Sheet
 - Clear Your Home of Asthma Triggers
 - Help Your Child Gain Control over Asthma
 - Secondhand Tobacco Smoke and the Health of Your Family
 - Asthma Fish Poster
 - Growth Chart
 - Protect Your Children – Take the Smoke Free Home Pledge Poster

Section 4: Resources and Tools for Parents of Pre School Children

This section provides the following resources and tools for training of parents on asthma triggers and management practices:

- Asthma Training for Parents [PPT]
- Asthma Resource Toolkit Pre-Test and Post-Test Assessments
- Asthma Resource Toolkit Training Evaluation Form
- Asthma Home Environment Checklist
- EPA Publications:
 - Asthma Facts Sheet
 - Care for Your Air – A Guide to Indoor Air Quality
 - Clear Your Home of Asthma Triggers
 - Help Your Child Gain Control over Asthma
 - Protect Your Children – Take the Smoke Free Home Pledge
 - Secondhand Tobacco Smoke and the Health of Your Family
- ACF Publication:
 - Care for Their Air – For Families

Section 5: Activities for Young Children

This section provides the following training resources for pre-school children on asthma triggers that can be easily integrated into classroom activities:

- Asthma Triggers Coloring Book
- Little House of Asthma Triggers Poster Board
- Asthma Resource Toolkit Pre-school Classroom Activity Overview