

Help your child breathe-easy this summer and beyond

Dear Parent/Carer,

With the summer holidays here, late nights and lazy mornings are often part of the fun, but it's easy for important daily routines—like asthma inhalers—to get missed.

Prevent the September surge

Even if your child feels well right now, keeping up with their preventer asthma medication throughout the summer is vital. This builds up the protection they need when they return to school in September — new germs and other asthma triggers are on the rise.

Three easy summer hacks

1. **The "toothbrush rule":** Link using the medication to an activity your child does everyday like brushing their teeth.
2. **Same visible spot:** Keep the medication in the same place, so it's easy to see and remember.
3. **Phone reminder:** Set a quick " asthma medication time" alert on their phone.

Concerned about your child's asthma care?

If you're running low on medication, are not sure about dosage or have any other questions, please contact your GP practice.

Yours sincerely,

Moorside High School