



Complementary and lifestyle approaches for managing asthma in children 1–5 years

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Initial asthma treatment for children 1–5 years after diagnosis of preschool asthma



Educating parents and carers to manage children's asthma



Recommendation

Recommend regular physical activity for children with asthma for its general health benefits.

Advise parents asthma does not prevent children participating in physical activity.

Reassure parents that exercise-induced bronchoconstriction can be managed effectively and should not be a reason for children to avoid physical activity.

Sources & rationale

Recommendation type: Consensus recommendation

References

Beggs S, Foong YC, Le HC, et al. Swimming training for asthma in children and adolescents aged 18 years and under. Cochrane Database Syst Rev 2013; 4: CD009607.

Wanrooij VH, Willeboordse M, Dompeling E, et al. Exercise training in children with asthma: a systematic review. Br J Sports Med 2014; 48: 1024-1031.

Notes

Provide advice about taking salbutamol before exercise.

For children involved in competitive sport, check which asthma medicines are permitted in the sport before prescribing.



Practice point

Advise parents that a healthy diet (plenty of fruits and vegetables) may help control asthma symptoms.