



Asthma Self-Management Education (Children)

The Georgia Asthma Control Program (GACP) carries out statewide activities to promote asthma self-management education (AS-ME) through evidence-based strategies as outlined in the CDC's Exhale Technical Package. Listed below are a few AS-ME programs geared specifically toward Children.

Wee Breathers™

Wee Breathers is a program for health professionals who teach parents of young children about managing asthma. Use it during home visits, one-on-one or in group classes for parents in childcare centers. The full program is seven lessons on asthma management.

Asthma Basics for Children

Asthma Basics for Children is for health professionals who teach both early childhood educators and parents of young children to manage asthma. Early childhood educators learn how to create an asthma program at their childcare centers.

You Can Control Asthma

You Can Control Asthma is a program for health professionals who teach school-age children and their families about managing asthma. It teaches asthma management through pictures and activities and helps them make choices and feel in control of their asthma

Open Airways For Schools®

Open Airways For Schools® is a program that educates and empowers children through a fun and interactive approach to asthma self-management. The program teaches children with asthma ages 8 to 11 how to detect the warning signs of asthma, avoid their triggers and make decisions about their health.

Kickin' Asthma

Kickin' Asthma is an asthma management program for kids ages 11 - 16 (grades 6-10) that educates and empowers them through a fun and interactive approach to asthma self-management. Kick.in' Asthma includes different learning techniques suitable for teen-aged kids and highlights self-management practices, such as recognizing triggers and proper medication use.

Breath of Life: Asthma Control for My Child

A Breath of Life: Asthma Control for My Child is designed to train promotores and parents of children with asthma on asthma control.

Ready? Set? Go with Asthma! (Exercise-Induced Asthma)

Ready? Set? Go with Asthma! defines and describes exercise-induced asthma as well as helps patients control their asthma by identifying common asthma "trigger," such as exercise. The main goal of this program is to educate all those who are working with children engaged in physical activities about asthma,

Program	Wee Breathers™	Asthma Basics for Children	You Can Control Your Asthma	Open Airways For Schools®	Kickin' Asthma	A Breath of Life: Asthma Control for My Child	Ready? Set? Go with Asthma!
Organization	Asthma and Allergy Foundation of America (AAFA)	Asthma and Allergy Foundation of America (AAFA)	Asthma and Allergy Foundation of America (AAFA)	American Lung Association (ALA)	American Lung Association (ALA)	The National Heart, Lung, and Blood Institute (NHLBI)	Asthma and Allergy Foundation of America (AAFA)
Participant Age	<7 years old	Newborn-6 years old	6-12 years old	8-11 years old	11-16 years old	5–11 years old	Not Defined *recommend <5
Settings	Childcare Center Home	Childcare Center Home	Clinic Community Home School	School	Clinic Community Home School	Clinic Hospital Health care setting	School Home Various
Sessions	7 sessions (60 minutes per session)	2 sessions (Time varies)	5 sessions (10-15 minutes per session)	6 sessions (40 minutes per session)	4 sessions (50 minutes per session)	6 sessions (Time varies)	1 Session (45 minutes)
Instructor	Health Professional Health Educator	Health Professional Health Educator	Health Professional Health Educator Social Worker	Health Professional Health Educator	Health Professional Health Educator	Promotores Health Educator	Coaches Athletic Trainers PE Teachers Health Educators
Languages	English Spanish	English Spanish	English Spanish	English Spanish	English	English Spanish	English