

1/limit exposure to asthma triggers

A-Help your child to avoid the allergens and irritants that trigger Asthma symptoms.

B-should be avoid away from smoking during pregnancy and after birth.

2-during pregnancy :

A-identification and correction Vit D may be reduced risk of wheezing episodes .

B-vaginal delivery , breastfeeding should be encouraged.

3_help your child to maintain a healthy weight.

4_Using of broad spectrum Antibiotics in the first years of live shouldn't be encouraged.

5_see the doctor when necessary.