

# Warning Signs for Infants and Toddlers

A baby's lungs do not work as well as the lungs of an older child. A serious asthma attack can quickly turn to lung failure. It is important that you know what to do right away when your baby starts having signs of an asthma attack.

## What should my emergency plan include?

- Phone numbers for your baby's doctors where you can find them quickly
- A transportation plan to get to the doctor or hospital
- A child care plan for your other children.

## What are the signs of an asthma attack?

- Breathing rate is more than 40 breaths per minute while your baby is sleeping. Count the number of breaths in 15 seconds and multiply by 4.
- Nursing or feeding slows or stops because of trouble breathing
- The skin between the baby's ribs pulls tight or sucks in with breaths
- Color changes: pale or red face, blueness around mouth, fingernails turn blue
- Cry becomes softer and shorter
- Nostrils open wider
- The baby begins grunting.

## How can I help keep your baby healthy?

- Keep regularly scheduled appointments.
- Try to prevent an asthma attack.
- Know the early signs of an asthma attack and act quickly.

