



**NHS**

**Royal Berkshire**  
NHS Foundation Trust

# Managing your child's wheeze

Information for parents and  
carers of children 5 years  
and over

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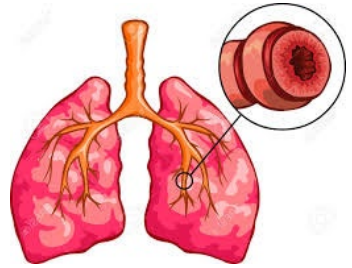
## Information and advice for parents and carers on what to do if your child (5 years or over) develops a wheeze.

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### What is a wheeze?

Wheezing is a high-pitched whistling sound that you can usually hear when someone breathes out. It can be heard from the chest and is caused by the airways narrowing.

An episode of wheezing can look like an asthma attack, but having a wheezing episode under the age of five doesn't always mean your child has asthma.



### Is my child working hard to breathe?

Check if your child is:

- Breathing harder and faster than usual
- Your child's nostrils may flare (get wider) when they breathe
- Making wheezy noise or grunting sound when breathing out
- The muscles under their ribs or skin in the middle of neck may suck in with each breath

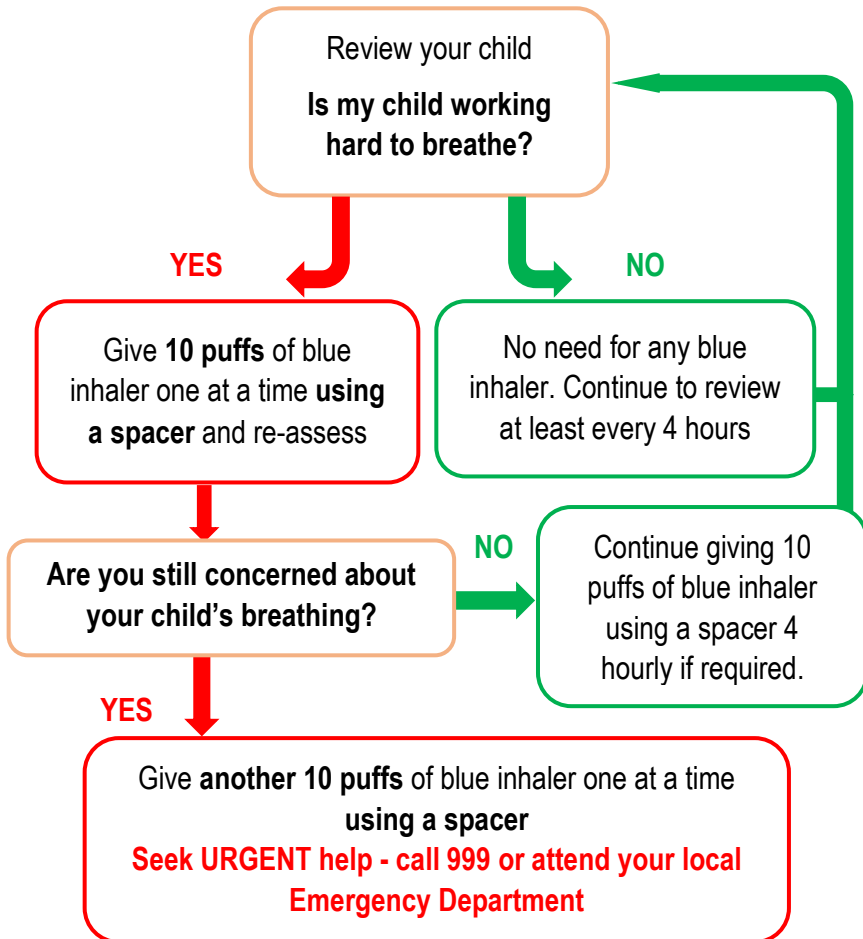


Please scan the QR code to see different clips showing increase work of breathing. These show breathing difficulties for babies that you may also see in older children.



**If you are concerned about your child or they need more than 10 puffs of blue inhaler within 4 hours, get urgent medical help via 111, your GP or go straight to your local Emergency Department (A&E). Call 999 if your child has severe symptoms.**

## Treating wheeze at home with Salbutamol (BLUE Inhaler)



## Managing your child's wheeze after discharge

Give the blue reliever inhaler with spacer as needed, up to 10 puffs every 4 hours if required. If your child needs more blue reliever or the medicine is not working or not lasting for 4 hours – phone 111 or see your GP as first option or visit your local Emergency Department.

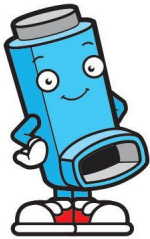
Please check your child regularly overnight for the first night after leaving hospital.

## Discharge medicines to give:

Medicines	Instructions

## Follow-up appointment: \_\_\_\_\_

Always use inhaler  
with **SPACER**



My reliever inhaler is called **Salbutamol**  
and it is colour **BLUE**

**Inhaler technique checked**   
**See page 3 for what to do if**  
**symptoms come back.**

Please scan the QR codes below  
to see a video using spacer

Spacer with NO mask



Spacer with mask



Adapted from Paediatric Innovation, Education and Research Network. *Asthma Pathway*  
Preschool wheeze Asthma + Lung UK. Available at:  
[www.asthmaandlung.org.uk/conditions/preschool-wheeze](http://www.asthmaandlung.org.uk/conditions/preschool-wheeze) (Accessed: 16 October 2024).  
[www.what0-18.nhs.uk](http://www.what0-18.nhs.uk). (n.d.). Clips of abnormal signs in babies: Healthier Together. [online]  
Available at: <https://www.what0-18.nhs.uk/resources/clips-abnormal-signs-babies>.  
Images from <https://clipart-library.com>

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**Please ask if you need this information in another  
language or format.**

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Department, November 2024. Next review due: November 2026.