

Helping Your Child Use Their Chamber and Mask

The chamber and mask are attachments that your child should always use with their inhaler to make sure their medication works well. It helps medications move past their mouth and throat to get deep into their lungs. The chamber holds the medication in place so it's easier for them to breathe in.

Our goal is to help your child get comfortable with treatments and get into a routine. This can take time (sometimes several weeks) and patience while they get used to something new. It's normal for young children to refuse at first, or to push the chamber away. Over time, they usually get better with taking their inhaler and using the chamber and mask. It is important for you to stay calm if your child is upset, but to also stay firm and consistent about them taking their inhaler.

Tips for helping your child use their chamber, mask, and inhaler:

- Make it fun, so that your child links taking their inhaler with something positive. You could sing a special song or do a silly dance together. It can become part of the routine of taking their inhaler.
- Distract your child using books, songs, or watching something on a phone, TV, or tablet while they are using their chamber and mask.
- If your child is scared of the chamber and mask, help them get used to it by letting them touch and feel the chamber and mask other times than when they take their inhaler. Make sure to remove the inhaler so they do not accidentally release puffs.
- Give your child a sense of control by letting them pretend to give an inhaler to their doll or stuffed animal. Give them a choice such as, "Do

you want to give your stuffy their inhaler first, or do you want to do your inhaler first?”

- Praise your child for trying something new and sticking with it.
- Come up with a reward system for your child, such as a sticker chart. Each time they take their inhaler well, put a sticker on a chart and have them work up to a reward after a certain number of stickers!
- Let them decorate the chamber with stickers.
- If your child moves their head and breaks the face and mask seal while taking their inhaler, wait until they stop moving and then replace the mask over their nose and mouth. This will let them finish the remaining breaths to get their medication (as a reminder, they should take 6-8 breaths for each puff of medication from the inhaler). You do not need to repeat the puff, as the medication should stay in the chamber until it is inhaled.

Other tips for staying on track with your child’s medication:

- Keep your child’s inhaler with the chamber and mask in the bathroom or somewhere you’ll see it, as a reminder to have them take their inhaler. Keeping it in the bathroom or near their toothbrush will also help remind you to brush their teeth and wash their face after they use it.
- Set a reminder or alarm on your phone for when it’s time for your child to take their inhaler.

If you are still having trouble getting your child to use their inhaler with the chamber and mask after weeks of following these tips, please call the Pediatric Pulmonary office at (734) 764-4123.

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