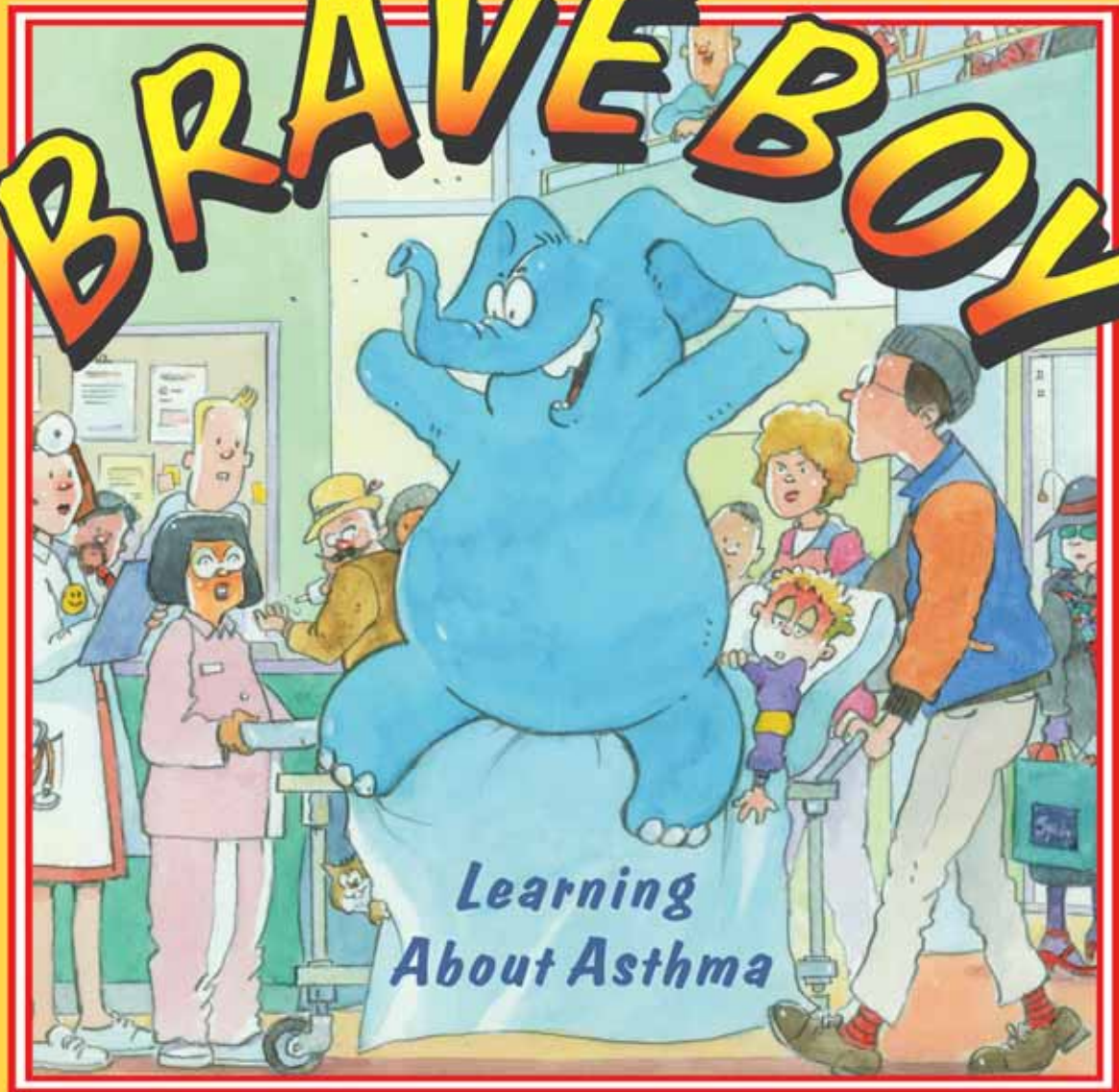


Call Me

# BRAVEBOY



*Learning  
About Asthma*

**Jenny Shinder**

**Michael Martchenko**

Developed by

THE  LUNG ASSOCIATION™

in consultation with

**SickKids®**

with funding provided by the  
Government of Ontario



Art Direction Jim Dell  
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Michael Martchenko

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[www.KidsAsthma.ca](http://www.KidsAsthma.ca)

# Call Me Brave Boy

LEARNING ABOUT ASTHMA

By Jenny Shinder

Illustrations by

Michael Martchenko



**It all started when I caught a little cold, which soon became a bigger cold, which soon became the biggest, ickiest cold I'd ever had.**





**The ickier and yuckier my cold got,  
the harder it was for me to breathe.  
Soon, it felt like an elephant  
was sitting right on my chest!**



**When I told my Mom and Dad about the elephant, they decided to take me to the hospital. My Dad told me that the hospital was filled with lots of really nice nurses and doctors who help you feel better.**

**Although I was still a little scared, when the doctor came in I started to laugh.**





He wore a colourful wig, a huge red nose and the biggest pair of shoes I had ever seen!

"My name is Dr. Giggles," he began, "and I'm going to get that elephant off your chest and help you to breathe better."

Dr. Giggles was really funny. He told me jokes and showed me a magic trick. He said "Look inside my sleeve. Do you see anything?" It was empty. Then he pulled this strange looking mask out of that very same sleeve – it was amazing!

He asked me to put on the magic mask, which would help make me feel better. The mask really did work like magic. The elephant had finally gotten off my chest and it wasn't hard for me to breathe anymore.





**Dr. Giggles took the sheet from the hospital bed and put it around my shoulders like a cape. He said, "You have been very brave, and so from now on we will call you Brave Boy."**

**"Now Brave Boy, listen carefully," said Dr. Giggles. "You have something called asthma. There are a lot of other children and grown-ups who also have asthma. Asthma is what makes it hard for you to breathe sometimes and what makes you cough so much. But don't worry Brave Boy, for I will teach you what to do so you don't get the elephant on your chest anymore."**



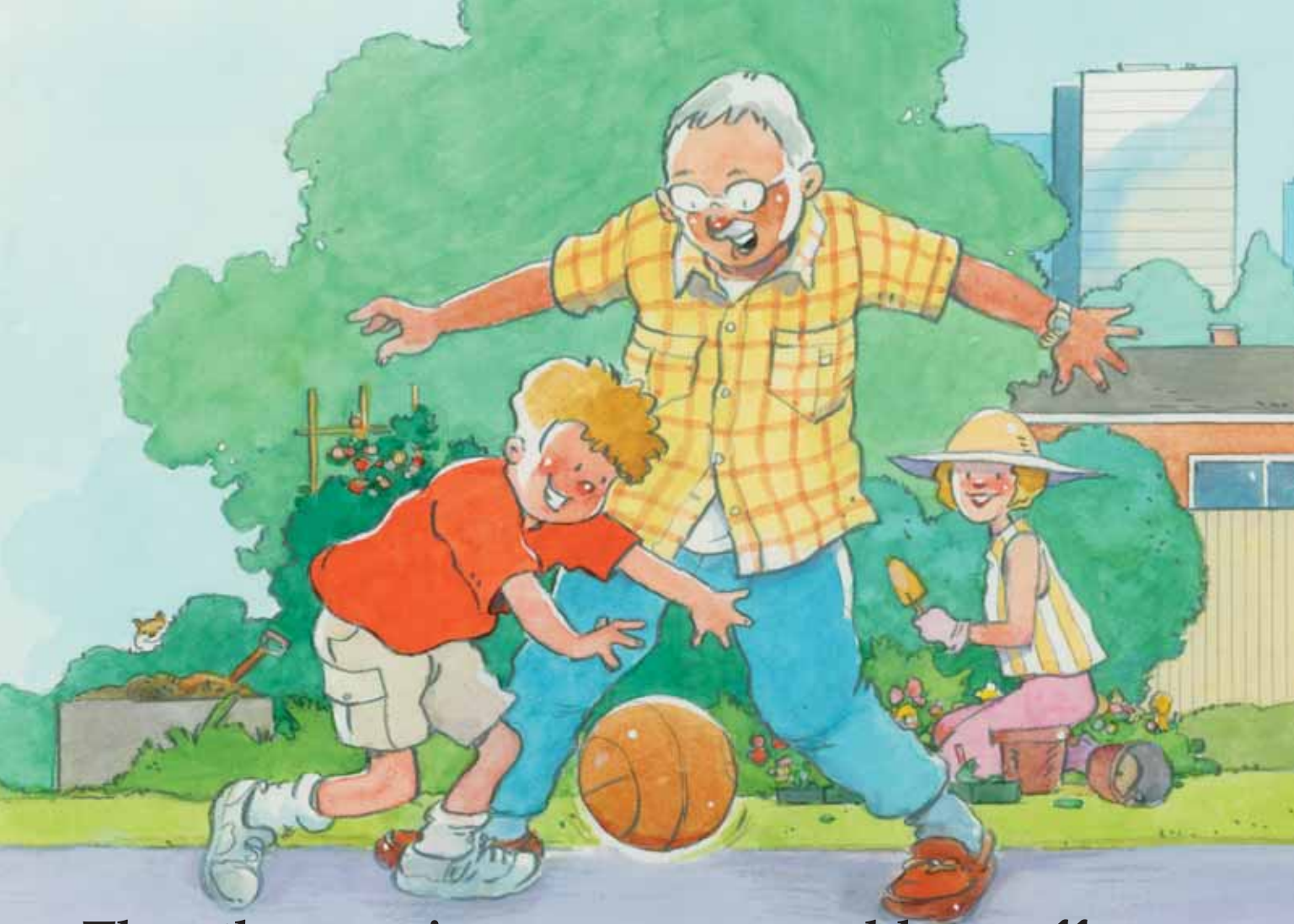




**Dr. Giggles gave me more than just a cape and a nickname. He also gave me two superpower puffers. Puffers are what you use to get the medicine into your lungs so you can breathe better.**

**The first one is my superpower controller puffer, which I use every single day to keep my asthma under control.**





The other one is my superpower blue puffer. Dr. Giggles told me to use this puffer whenever I find it hard to breathe. I take care of my asthma so that I can always play, especially with my Grandpa.

Dr. Giggles showed me how to use my super-power puffers by placing the mask over my mouth and nose and pushing down on the puffer. This gives me a spray that I breathe in.





He told me to count to ten

– ONE, TWO, THREE, FOUR, FIVE,  
SIX, SEVEN, EIGHT, NINE, TEN!



Then Dr. Giggles told me about the villains that Brave Boys – and Brave Girls - must avoid.

He told me about Stinky Smokey who comes from a burning cigarette. I should always avoid Stinky Smokey.





He also told me about Minny Mite, a dust mite who lives in beds, carpets and stuffed animals.

And Master Mould, who lives in damp basements and bathrooms.

Both these villains can be bad for my asthma.



**Dr. Giggles told me that cute little pets, or even just catching a cold, can make it hard for me to breathe.**

**He also told me that fumes from cars, or pollens from grass or trees, could be bad for my asthma.**

**But my superpower puffers will help to keep me well. I take my superpower controller puffer every day to keep my asthma under control. And I bring my superpower blue puffer with me wherever I go, just in case I ever find it hard to breathe. I will continue to be a Brave Boy every day until I grow up to be . . .**







... a **Big** Brave Boy.



## Jenny Shinder

is a teacher who lives in Ottawa with her husband Jason and two children, Jonah and Emily. After Jonah was diagnosed with asthma, Jenny contacted the Asthma Action Helpline at The Lung Association, where she received support and information that was very helpful to her. Out of appreciation, Jenny wrote "Call Me Brave Boy" to help children, like her son, learn about asthma.

## Michael Martchenko

has illustrated dozens of Canada's favourite children's books and has graciously donated his time and talent in creating the illustrations for this book.

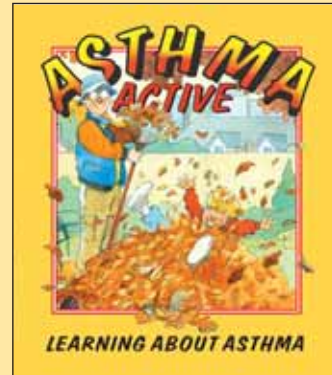




Also available from The Lung Association



For parents of children with asthma



An activity book for children 7-12 years of age



An educational poster & stickers on asthma triggers



THE  LUNG ASSOCIATION™  
When you can't breathe, nothing else matters.