

How to Bathe a Child Who Has Eczema

Regular bathing and moisturizing can help manage your child's eczema.



1

Gather everything you need and place it near the tub, including:

- a. Mild, fragrance-free cleanser (not soap)
- b. A thick moisturizer



2

Don't scrub!

Gently apply cleanser to eczema-free skin. Use warm water.

Ask your child's dermatologist how often your child with eczema should bathe.



3

Let your child soak

The bath water can help moisturize skin. Pat skin dry after soaking.



4

Apply moisturizer while your child's skin is still damp:

This helps seal in moisture.



Don't add bath oil or bubble bath to your child's bath water.

They could irritate your child's skin.

To learn more about caring for a child with eczema, visit aad.org/eczema.