

# How to manage your child's eczema:



## Bathing Tips:



Use lukewarm water when washing your child



Use a mild, non-drying, fragrance-free cleaner



Avoid body sponges and wash cloths



Gently pat skin dry with towel

## Moisturizing Tips:

- Apply moisturizers to wet skin (within 3 minutes of taking a bath or shower).
- If prescribed by your child's doctor, apply any special medications first then liberally apply moisturizer. For some medications you may be advised to wait 15-20 minutes after applying moisturizer, so be sure to follow your doctor's instructions.
- Consider using a moisturizer with oat, such as Aveeno Eczema Therapy Moisturizing Cream, to help reduce the itching and irritation of eczema
- Reapply throughout the day



## The 4 E's of coping with Eczema:

### 1 Educate

Educate yourself, your child and everyone close to your child, including family members, caregivers and teachers. They need to understand that eczema is a combination of genetics and environmental triggers and that it is not contagious. School can cause a great deal of stress in children with eczema and they may need more emotional support and understanding.

### 2 Explore

There is no one trigger or cure. Ask your child's doctor about available treatments, including over-the-counter products for daily care that can help manage symptoms and prevent flares. Find a support network or online forum where you can share your concerns and fears. Talking with other parents who have similar experiences can help.

### 3 Empower

For children, eczema emollients become a way of life (just as brushing teeth should be), so make this routine as enjoyable as possible and let your child participate in their daily care.

### 4 Engage

Living with eczema does not mean your child has to miss out. There may be times when they don't feel like joining in, but on the whole children with eczema can do most of the things other children do. Be happy with even the smallest successes