

helping your child cope with eczema

Caring for a child with eczema can be physically and emotionally draining for both parent and child. Here are a few tips to help ease your frustration and nurture your child's happy and self-confident growth and development.

The 4 E'S of Coping with Eczema:



Educate

- Family, caregivers and teachers need to know that eczema is a combination of genetics and environmental triggers and that it is not contagious.
- School can be stressful for children with eczema requiring more emotional support and understanding.



Explore

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



Engage

- Living with eczema does not mean your child has to miss out. Children with eczema can do most of the things other children do.
- Think positively - with the right treatment regimen and trigger avoidance, you can help manage your child's eczema, making life better for you and your family.



Empower

- For children, eczema emollients are a way of life.
- Let your child participate in their daily care by applying their own treatment as they get older - it will make them feel more independent and help boost their self-esteem.

Daily Care and Prevention

An effective skin care regimen can help reduce itching and irritation and strengthen the skin's moisture barrier. For more information, talk to your child's doctor.

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