

HELPING YOUR CHILD COPE WITH ECZEMA

Daily care for a child with eczema can be physically and emotionally draining for both parent and child. Remember, eczema is not your fault. Don't let your child be defined by a skin condition. There are a number of things you can do to ease your frustration and nurture your child's happy and self-confident growth and development.

The 4 E'S of Coping with Eczema:

1
EDUCATE

Educate yourself, your child and everyone close to your child, including immediate 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. By the time children attend grade school, they are old enough to realize that their skin needs more attention. Parents, family members and teachers should understand the stress that these children experience and that 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. Because eczema can be different for different children, make sure you talk to your child's doctor before trying any advice other parents may give you. Your doctor can help you find the best strategies for your child.

3
EMPOWER

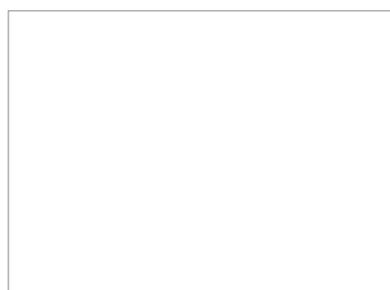
For children, eczema emollients become a way of life (just as brushing teeth should be), so make this routine as enjoyable as possible and let your child participate in their daily care. Give your child more responsibility for applying their own treatment as they get older - it will make them feel more grown-up and independent and help boost their self-esteem.

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. 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.

Daily Care and Prevention

In addition to any prescription medications your doctor may prescribe, an effective skin care regimen can help restore and strengthen the skin's moisture barrier, helping to prevent the recurrence of itchy, dry, irritated uncomfortable skin. For more information, talk to your child's doctor.



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