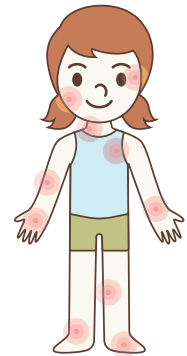


managing your child's eczema

What is Eczema?

Eczema is an itchy, red rash characterized by periods of flare. Though eczema can appear anywhere on the body, **typical body sites are the hands and feet, the inside bend of the elbows, behind the knees, and around the ankles and wrists.** Eczema can also appear on the face, particularly around the **eyes, cheeks, and on the neck and upper chest.** Depending on the age of the patient, it may be more commonly noticeable in particular areas. The diaper area is usually spared. Scratching can cause redness and swelling and further worsening of symptoms, particularly itch.



Bathing Tips

- Use lukewarm water when bathing your child
- Use a mild, non-drying, fragrance free cleanser
- Avoid body sponges and washcloths
- Gently pat skin dry with a towel



Moisturizing Tips

- If prescribed by your child's doctor, apply any special medications first and then liberally apply moisturizer to wet skin
- Consider using a moisturizer with oat, such as AVEENO®, to help reduce the itching and irritation of eczema
- Reapply throughout the day



More Tips

- Keep your child's fingernails short
- Dress your child in open-weave, loose-fitting, cotton-blend clothing
- Maintain an even temperature and humidity in your home
- Use dye-free and fragrance-free detergents and avoid using dryer sheets
- Use sunscreens made for sensitive skin
- As always, talk to your child's doctor if you have any questions or concerns

Daily Care and Prevention

Proper bathing and moisturizing are essential for the daily care of skin with eczema. Moisturizers help trap water in the skin, strengthen the moisture barrier and help prevent flares. Continue a regular moisturizing routine even when your child does not have a flare. Mild cleansing can also help prepare the skin for topical therapies.

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