

ECZPLORE

Navigate Knowledge, Redefine Eczema Journey



**Quick Guide
For Your Eczema**



kids Edition





Smart Skin Care for Your Little One

DO'S



Bathe your child every day or every other day for 5-10 minutes in moderately warm water.



Make bath time part of the nightly routine.



Use a gentle, non-soap cleanser on the sweaty areas (armpits, neck, groin) and on the hands and feet.



Apply prescribed medicine to areas of rash, and apply moisturizer to the surrounding skin.



Moisturize immediately after to soothe your child's skin.



Moisturizers should be applied, even when the rash is gone.



Smart Skin Care for Your Little One

DO'S



Apply ointments, such as petroleum jelly, or fragrance-free moisturizing creams to the whole body immediately after bathing (while the skin is still damp) every day.



Wait for the moisturizer to be absorbed into the skin before getting dressed.



Use mineral-based sunscreens, but try on small areas at first to make certain they don't irritate.



Apply a cool compress to itchy areas to help calm the skin before sleep.



Pat the skin dry.



Keep the nails short to minimize damage to the skin.



Smart Skin Care for Your Little One

DON'TS



Don't use bubble bath in the bath water.



Avoid antibacterial bar and liquid soaps whenever possible.



Avoid traditional sunscreen.



Don't use fabric softeners or fabric sheets in the dryer.



Don't scrub your child's skin with anything rough.



Simple Habits, Soothing Results

DO'S



Wear cotton, loose fitting, not tight clothing, especially with regards to pajamas.



Use high-thread-count, soft cotton sheets and pillowcases.



Wash clothes and bedding at 60°C.



Use a measuring cup to get the exact amount of bleach needed, and then add it to the water.



Use mild, fragrance-free, hypoallergenic laundry detergents.



Consider an occasional bleach bath to kill unwanted bacteria in areas of the skin involving eczema.



Vacuum weekly including mattresses and pillows.



Simple Habits, Soothing Results

DON'TS



Avoid flannel, polyester T-shirt sheets, and wool.



Minimize your child's exposure to irritants, as smoke, dust, wool, and animal dander.



Do not use fabric conditioner.



Keep soft furnishings to a minimum.



Avoid DEET- containing insect repellants.



Itch Doesn't Stop the Fun: Eczema & Play Habits

DO'S



If your child has soft toys, you can put them in the freezer for 12 hours to kill off the house dust mites.



Consider using a cool mist humidifier in your child's bedroom during the dry summer and the cold winter months.



Distract your child from scratching, e.g. with games that occupy her hands, such as cooking, playing cards, lego, etc.



Your child should take breaks, drink cool water, and, if possible, wear a wet T-shirt soaked in cool water, to prevent overheating.



After every physical activity, a quick shower in warm (not hot) water is essential.



Itch Doesn't Stop the Fun: Eczema & Play Habits

D✓S



Gently pat away sweat with clean towels.



Wipe off shared equipment before use to prevent bacteria transfer.



choose clothing that decreases sweat and irritation.



Always wash new uniforms and workout clothing before your child wears them.

D✗N'TS



Avoid play (unless gloves are on) with slime, PlayDoh, or kinetic sand.



Try not to say 'Don't scratch,' but reward positive behaviour that helps with the itching.



Sports Without Barriers

DO'S



Your child should wear loose-fitting cotton clothing and remove tags.



Cover seams, which can irritate the child's skin, with silk.



Wash all new clothes and uniforms before your child wears them.



Use cooling cloths or towels as needed.

Before a trip to the pool:

- Apply a layer of moisturizer or a thick emollient, followed by sunscreen, to protect the skin.



After swimming:

- Clean the body with a gentle cleanser and rinse with warm water.
- Pat the skin mostly dry with a clean towel.
- While the skin is slightly damp, apply medicated ointment, if needed, and a layer of moisturizer.



DON'TS



Avoid chlorinated pools. Limit the time in a public pool at the first swim of the summer.



Schooling with Eczema

DO'S



Pack a school kit with essentials such as:

- A moisturizer/emollient
- Mild cleanser
- Alcohol-free hand sanitizer
- Gloves (for art or cleaning)
- Bandages
- Written instructions for medication and care



Choose loose, 100% cotton clothing. If the school uniform is synthetic, let your child wear a thin cotton layer underneath.



Encourage your child to remove layers if they get too hot and to sit away from radiators or sunny windows.



Inform teachers about skincare routines and ensure your child has access to their care kit during trips.

DON'TS



Don't let your child sit near heat sources or wear too many layers.



Don't scratch with dirty hands.



Don't expose to irritants in activities: Provide gloves for messy activities (art, sand, clay, cleaning).



Decoding Diet and Eczema

DO'S



Stay hydrated with water throughout the day.



Eat lots of fruits and vegetables, organic whenever possible.



Eat Fatty fish, such as salmon and herring, contains high levels of omega-3 fatty acids.



Consider foods high in quercetin as: apples, berries, dark cherries, red grapes and broccoli.

DON'TS



Avoid Refined Grains & Sugars.



Avoid processed Foods.



Avoid acidic foods like citrus fruits.



Limit dairy products.

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