



**It is quite common for babies to develop eczema in their first few months.**

## We often ask ourselves, why my baby?

When your baby develops eczema symptoms it can be distressing for the whole family. Understanding the condition can help. There are many forms of eczema, with the most common being 'atopic'. Genetics (runs in the family) and an overactive immune system may be the cause of conditions such as eczema, asthma and hayfever. For many with eczema, there is also a genetic problem with the skin barrier that causes a breakdown in the skin and increased flare ups.

***You can't change your genetics and you are not to blame for your baby's eczema.***

What is Eczema?



## What you can do?

A myth is that all babies will grow out of eczema. Eczema can be a lifelong condition which may improve or regress at different times in life. Although there is no cure for eczema, there are many things you can do to reduce the itch and manage the condition well.

### Key things to remember with your baby includes



Keep baby cool. Heat is a trigger and babies are often over dressed in many layers.



Moisturising, managing flares and reducing triggers are key actions you can take to care for your baby with eczema.



Follow your health professional's advice and beware of misinformation on social media and the internet.



Be aware of the role of diet in eczema. It may not always be the key ingredient. For information:

Eczema and Food



## Triggers

Avoiding triggers and controlling flare ups/inflammation are ways in which you can manage your condition. However, the triggers of eczema will often be different for each individual with rarely just one trigger being responsible. It can be extremely frustrating to try and work out the cause of each flare up. Below are some common triggers to help in identifying your triggers.

Triggers Info Resource



## Management tips

Here are some eczema management tips from the Australasian College of Dermatologists.

Management  
Tips Info Resource



Wet Wrapping  
Info Sheet



Bleach Bath  
Info Sheet



## When nothing seems to be working!

Fortunately, medical researchers continue to strive for new treatments that provide relief from, what can be, an overwhelming experience. If your baby is not responding to all the usual treatment regimes, ask for a referral to a dermatologist and/or and immunologist for further expert advice.



## Additional support and connection

Eczema Support Australia have set up services to support those with eczema.

**Connect** with other families that understand through our closed Facebook Group called "Eczema Support Australia Families Group" - [www.facebook.com/groups/aussieeczemafamilies](https://www.facebook.com/groups/aussieeczemafamilies)  
Practical Parenting for Eczema Families - [www.eczemasupport.org.au/practical-parenting-for-eczema-families/](https://www.eczemasupport.org.au/practical-parenting-for-eczema-families/)  
Psychological services - [www.eczemasupport.org.au/psychology-support/](https://www.eczemasupport.org.au/psychology-support/)

**Inform** for more eczema information go to [www.eczemasupport.org.au](https://www.eczemasupport.org.au)

**Advocate** to share your story or get involved with our patient support organisation - [contact@eczemasupport.org.au](mailto:contact@eczemasupport.org.au)