



Eczema is very itchy and can become a major source of frustration, sleep deprivation and despair for the child and their whole family unit.

Severity varies and if undertreated, it can result in increased inflammation, infections and additional complications. However **eczema management and support is available.**

Eczema can appear differently on children than it does on babies or adults. Children with eczema often have dry skin and inflammation in creases such as the back of the knees and inside elbows, although it can appear anywhere. Eczema appearance can vary in different skin tones so it is important to get a diagnosis and management plan from your health professional.



What causes my child's eczema?

There are many forms of eczema, with the most common being 'atopic eczema' also known as atopic dermatitis. 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.

Causes of Eczema

What can I do?

Although there is no cure for eczema, there are many things you can do to reduce the itch and manage the condition well.

- Moisturising, managing flares with prescribed creams/ointments and reducing triggers are key actions you can take to care for your child 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:

Emollients, Moisturisers, Creams Info Resource

Myths & Facts Info Resource

Eczema & 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

Managing at school or early learning.

School and day-care settings can be difficult for children with eczema. We have developed an Eczema School Kit you are welcome to use:

www.eczemasupport.org.au/school-kit-2/

Additional resources

Wet Wrapping Info Sheet

Bleach Bath Info Sheet

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
Practical Parenting for Eczema Families - www.eczemasupport.org.au/practical-parenting-for-eczema-families/
Psychological services - www.eczemasupport.org.au/psychology-support/

Inform for more eczema information go to www.eczemasupport.org.au

Advocate to share your story or get involved with our patient support organisation - contact@eczemasupport.org.au