

« Finding my way »
» with «

Eczema Treatments



= A Book by =
Eczema Support Australia



Eczema Support
A U S T R A L I A



*Dedicated to Harry and Matthew
the reason we exist,
and the inspiration behind finding our way.*

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Hi, I'm Matt!

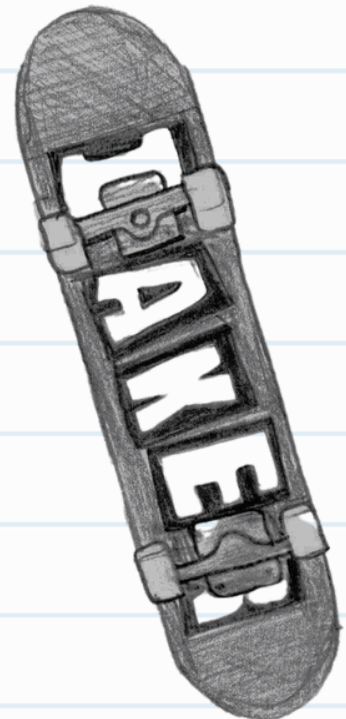


I love skateboarding, basketball and hanging out with my friends.

Another thing about me - I have eczema.

My eczema can be itchy and sometimes it gets in the way of the things I enjoy doing.

Last time we went to see my doctor, she explained that a new treatment could help my skin feel calmer and more settled.

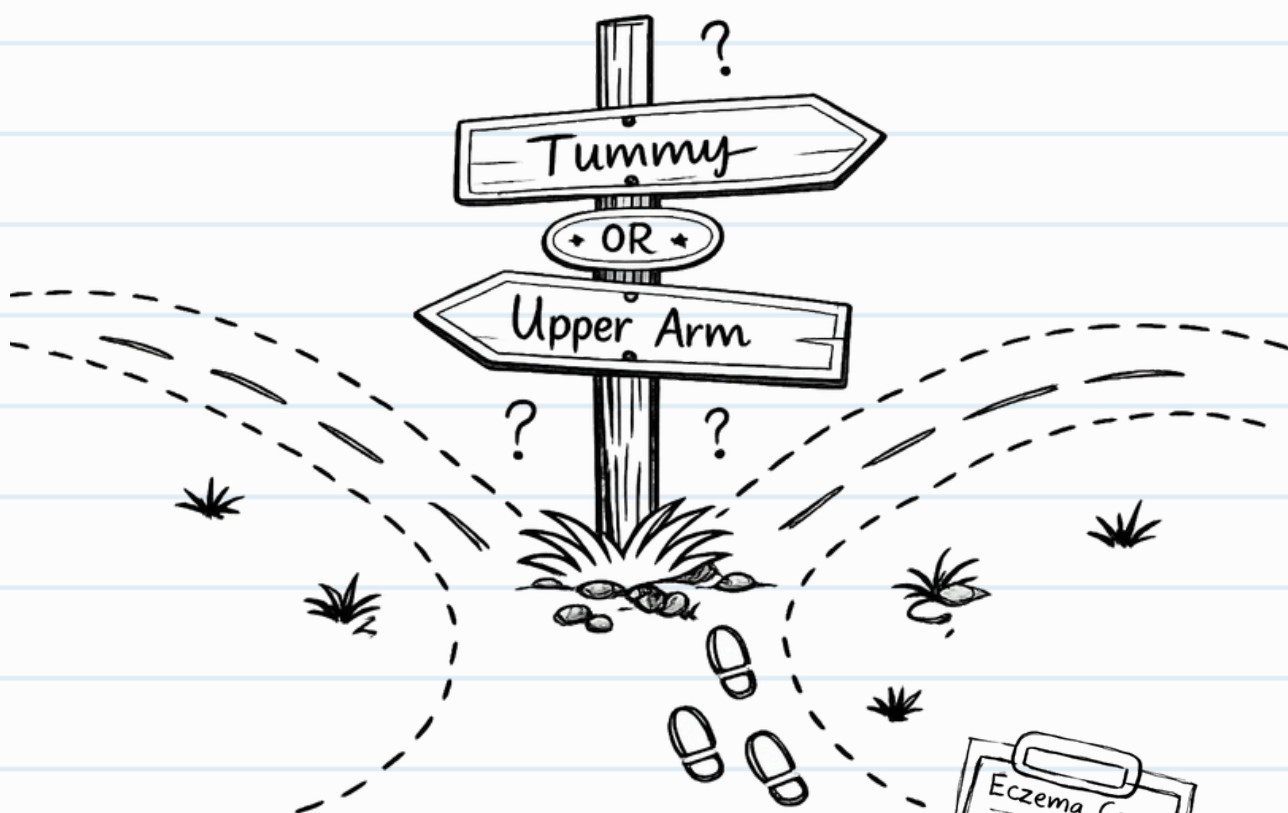




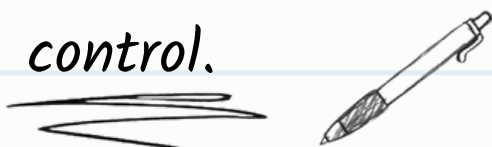
When I learned that I would need regular injections as part of the treatment I didn't know what to expect. My mum said, "This treatment is designed to help your skin, and I'll be right here with you each time."

I learned that I had **OPTIONS**

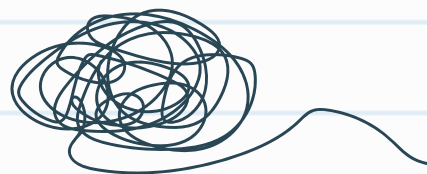
The injection could go into the softer part of my tummy, or into the back of my upper arm.



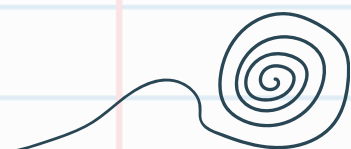
Having choices helped me feel more in control.



Because it was new, I had a lot of thoughts about the treatment on my first day.



However I got myself comfortable and focused on a calming trick that I had been practising - slow, steady breathing while imagining playing my favourite games.



The treatment took only a short moment. Before I realised it, it was finished.



I soon
discovered
something
useful:



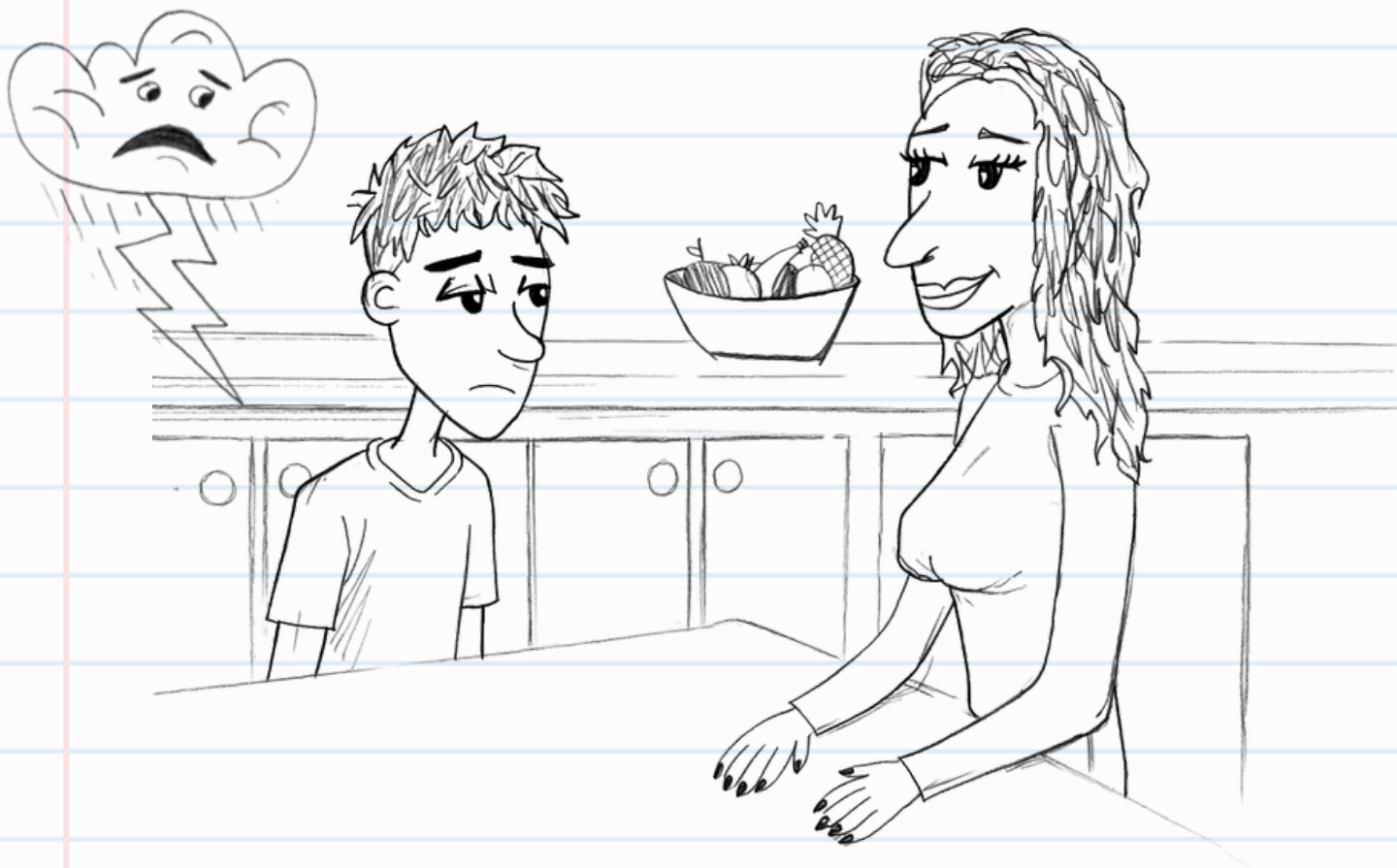
During my treatments I chose something enjoyable to focus on; a favourite song, a phone game, a funny video, or a story my mum told me.



Having something fun to pay attention to made treatment feel smoother and quicker.

BREATHE
deeply



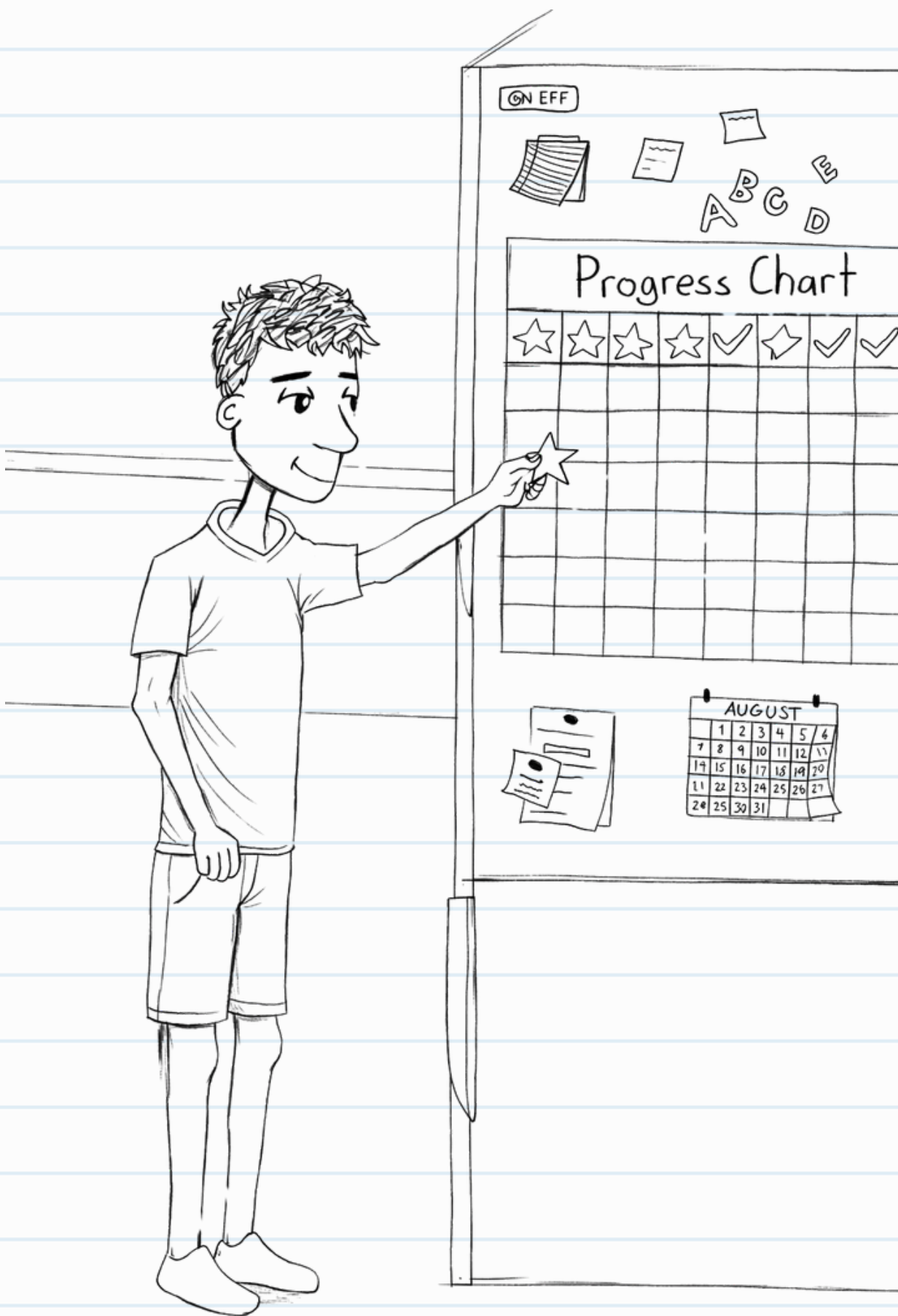


Some days felt easier than others.

Some days I felt a bit frustrated. Mum said, "It makes sense to have big feelings about something new. Remember that each treatment is a step you're taking to help your skin."

Talking about it helped me feel understood and the frustrated feeling passed.





ON EFF

A B C D

Progress Chart

☆	☆	☆	☆	✓	☆	✓	✓

AUGUST

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

After each treatment I added a sticker to my progress chart.

Every few treatments I was able to pick a small celebration like choosing a movie, playing a favourite game together, or reading a new comic book.



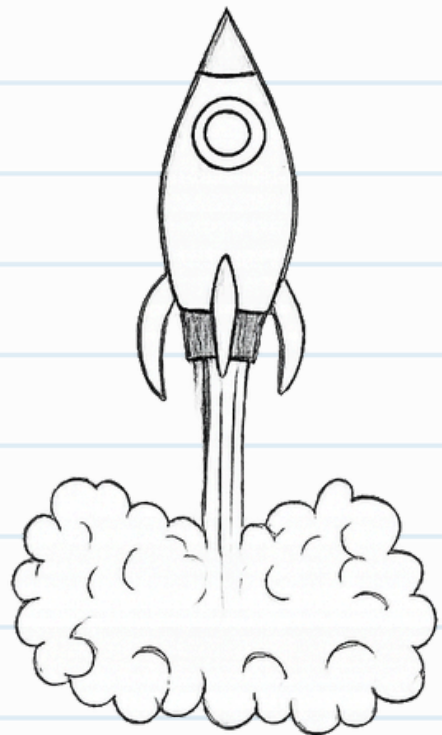
Watching the stickers add up helped me notice how much I'd learned, and I felt more confident over time."

One day, I asked, "When will I be able to do my own injection?"

Mum smiled and said, "Whenever you feel ready. Doing it yourself is a skill, and choosing your tummy makes it easier to reach."

I thought about this. I'm not quite ready yet, and that's okay.

In the meantime,
I am getting better
at doing my own creams.



In the doctor's waiting room, I met a younger boy who looked unsure about his own new treatment.


I sat beside him and said, "When I first started, it was new for me too. I found a few things that help - like music or games. Want to play a game with me while you wait?"

The boy seemed happy with that idea. In that moment I realised how much my own confidence had grown.




I learned a lot on my treatment journey.
If I could share advice with other kids,
it would be....

It's *normal* for something new to take a bit
of getting used to.

Find what helps you 
(music, games, breathing, or a favourite story.)

You have CHOICES.

Decide what feels best  for you during
treatment time.

celebrate your progress. Every STEP counts.

You're not alone.

Lots of kids are learning these skills too.



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