



Eczema Support
AUSTRALIA

Parent Guide

**The Eczema Treatment Support Kit
for Children and Families**



A free resource from
Eczema Support Australia

Welcome

This resource has been thoughtfully developed by Eczema Support Australia to support children and parents navigating eczema treatment with greater confidence and ease.

Each item in this kit is print-ready and designed for simple, practical use at home — helping you and your child prepare for, manage, and reflect on treatment together.

This kit includes:

- **Parent Guide** – Practical support for preparing your child for eczema treatments
- **Activity & Distraction Cards** – Designed for use before, during, and after treatment
- **Magic Moments Passport** – A sticker reward book to celebrate progress after treatment
- **Two Visual Storybooks** – *Koala Keilah and the Magic Leaf* and *Finding My Way with Eczema Treatments*
- **Koala Keilah and the Magic Leaf Colouring Book** – A creative and interactive extension of the story
- **Breathing & Mindfulness Fridge Card** – A simple emotional wellbeing tool for daily use

Together, these resources are designed to help children feel more in control, reduce stress, and build confidence over time.

Preparing your child

Supporting Your Child Through Eczema Treatments

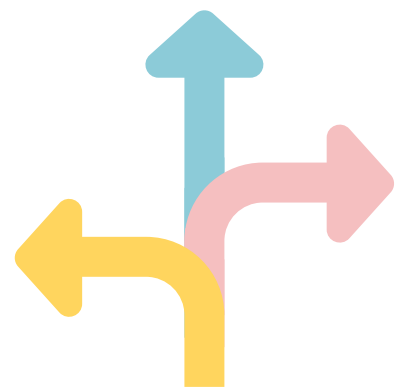
This guide is designed to support parents and carers when helping a child with eczema treatments, including injections, creams or other medical care at home. These tips focus on creating calm, confidence, and a sense of control — while supporting your child emotionally when and if they need it.

Why this guide is different

Many children's resources focus heavily on naming fear, anxiety, or distress. While emotional awareness is important in treatment settings, this can sometimes introduce worry that wasn't there to begin with. This guide takes a different approach. It focuses on calm language, choice, routine, and distraction — strategies that reduce stress before it starts.

Emotions are acknowledged and supported when they are expressed, helping children feel understood without setting up fear in advance.

The aim is to make eczema treatments feel manageable, predictable, and part of everyday life.



1. Start with calm, neutral language

Words matter. The language we use shapes how children understand and experience treatment.

Using calm, neutral language helps children approach treatment without unnecessary worry. Keep explanations simple, factual, and reassuring.

Helpful language includes:

- “This treatment helps your skin feel calmer.”
- “We’ll take this step by step.”
- “I’ll stay with you the whole time.”



Language to avoid:

Try to avoid language that suggests pain or distress before it happens, such as:

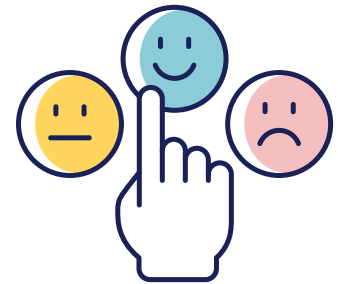
- “This might hurt.”
- “I know this is scary.”
- “You’re being very brave.”



Neutral language supports confidence and helps children take emotional cues from you.

2. Avoid pre-empting emotions

It can feel natural to prepare a child by naming emotions in advance. However, doing this before a child has expressed any worry can unintentionally introduce fear or anxiety.



Instead of assuming how your child will feel, allow the experience to unfold calmly. Many children cope better than expected when they are not primed to feel distressed.

This doesn't mean ignoring emotions — it simply means waiting to respond to them if and when they appear.

3. Offer small, meaningful choices

Choice helps children feel more in control.



Where possible, offer simple options related to treatment:

- Where the treatment is given (for example, tummy or arm)
- What time of day works best
- What they would like to do during treatment (refer to the resources in this Treatment Support pack for suggestions).

Avoid overwhelming choices. Two clear options are often enough to support confidence and cooperation.

4. Use distraction early

Distraction works best when introduced before stress builds.

Encourage your child to focus on something enjoyable during treatment, such as:

- Music or an audiobook
- A game or video
- Counting, breathing, or imagination games
- A story or conversation
- Refer to the resources in this Treatment Support pack for suggestions



Distraction is not avoidance — it is a proven way to support comfort and regulation during medical procedures.

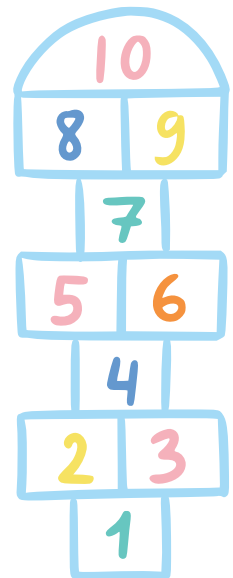
5. Create predictable routines

Predictability reduces uncertainty.

Try to keep treatment routines consistent:

- Same place
- Same order of steps
- Same calm approach each time

When children know what to expect, treatment feels safer and more manageable.



6. Acknowledge and name feelings when they are expressed

If your child shows or tells you they are feeling unsure, frustrated, or upset, this is the moment to acknowledge it.



Naming emotions after they appear helps children feel understood and supported.

You might say:

- *“That sounds frustrating.”*
- *“It makes sense to feel unsure about something new.”*
- *“Thanks for telling me how you’re feeling.”*



Once acknowledged, gently guide your child back to a coping strategy:

- *“Let’s take a slow breath together.”*
- *“What would help you focus right now?”*

This supports emotional processing without increasing distress.

7. Praise effort, not outcome

Focus on what your child did, not how perfectly it went. This builds confidence and resilience over time.

Helpful praise includes:

- *“You stayed really focused.”*
- *“You tried something new today.”*
- *“You kept going even when it felt tricky.”*



8. Encourage growing independence at your child's pace

As children get older, they may want to be more involved in their treatment.

Support independence gradually:

- Let them help prepare supplies
- Allow them to choose where treatment happens
- Encourage self-management when they feel ready



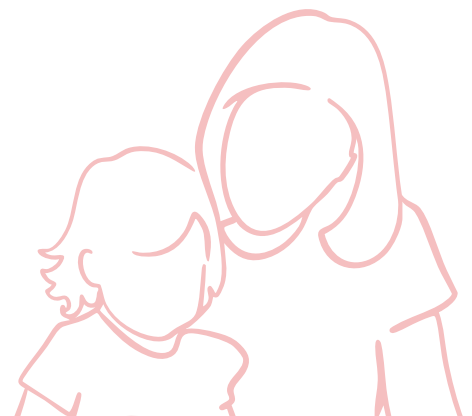
There is no rush. Confidence grows over time.

9. Reflect briefly after treatment

After treatment, a short reflection can help reinforce coping skills:

- “What helped most today?”
- “What would you like to do the same next time, or change anything?”

Keep this light and positive. Avoid revisiting discomfort in detail.



Final note to parents and carers

Every child is different. What matters most is creating a calm, supportive environment where your child feels safe, heard, and capable.

These strategies are designed to support confidence — not perfection — and to help treatment become just another manageable part of everyday life.



For more information or more resources,
please visit our website:
www.eczemasupport.org.au

