



Eczema Tips for Parents

Further information available on
National eczema society website
www.eczema.org

Eczema – Tips for Parents

We asked one of our nurses what advice they'd give to parents of children with Eczema – and this is what they said.

Bathing

- Bathe your child every day – it helps avoid infection and gets rid of stuff that sticks to the skin.
- Always use a bath emollient. Don't use soap, baby wash or plain water – these are all drying, even plain water.
- Use warm water (not hot) and bathe for less than 20 minutes
- Pat dry
- If you go swimming, put the cream on 30 minutes before, then wash well after and put more cream on straight away.

Application of cream

- Always clean your hands before putting the cream on
- If you're using steroids and cream, always leave 20 minutes between putting them on
- Use a clean spoon to get the cream out of the tub so you don't get germs into the cream itself.
- Apply blobs of cream every few centimetres along the skin then smooth it one downward stroke in the same direction as the growth of the hair. Don't rub it in because it can block skin pores. Also smoothing downwards in one go helps the skin cells to lie flat and makes it less sore.

Laundry and Household cleaning

- Try to clean bedding two times a week
- Wash it at 60 degrees or above
- Use non biological powder and avoid fabric softeners
- Try to keep pets off furniture and beds
- Hoover 2 or 3 times a week
- Damp dust hard surfaces
- Keep houses well ventilated (but close your windows when there is high pollen count)

Other advice

- Keep your central heating on cool - 18 degrees is ideal.
- Turn heating off in child's room to keep cool but not cold
- Clothe your child in thin layers of natural materials such as cotton or bamboo
- Prevent scratch damage by using mitts
- Scratch sleeves are available to buy for older children but not on prescription - www.scratchsleeves.co.uk
- Some children benefit from eczema clothes on prescription to reduce scratch damage and contact with allergens
- Don't have too many cuddly toys in your child's bed. Wash them at 60 degrees or put in the freezer for 12 hours to kill dust mites