



Parents Guide to Atopic Dermatitis

Atopic dermatitis (eczema) is hereditary and people often begin experiencing symptoms at infancy. Although non life-threatening, children who have eczema face additional physical and emotional stress which parents can help alleviate. Every child deserves to play freely as they grow. With a few precautionary measures and appropriate treatments, eczema can be managed successfully.

Many of the tips that apply to parents with children suffering from eczema are general rules-of-thumb that are helpful for all parents. Here is a simple check list to make sure eczema does not get in the way of fun:

- ✓ Keep your child's fingernails short and trimmed. This prevents dirt from accumulating and avoids cuts from scratching. Eczema or not, this simple hygiene rule is something all adults and kids should follow!
- ✓ When introducing new foods to your child, especially dairy products or nuts, do a quick check on the internet or consult with your doctor on the next visit. It may help to keep a food diary to keep track of their diet.
- ✓ Cotton mittens! When itching, even disciplined adults will not be able to keep from scratching during sleep. Make it a habit to have your child wear cotton mittens at night before they go to bed.
- ✓ Use hypoallergenic mattress covers and pillowcases to protect your child from dust mites. Pets may be adorable, but it is best to keep them away from your child's bed.
- ✓ Keep your children occupied with fun to distract them from the itchiness and scratching.



- ✓ For infants and toddlers, apply a thick layer of moisturiser at every diaper change. Don't leave them in wet diapers which may aggravate sensitive skin.
- ✓ Use a mild, fragrance-free detergent for your child's clothes. Avoid fabric conditioners and always give the laundry an extra rinse.
- ✓ Wear loose, comfortable clothing made from natural fibres, such as cotton. They are less likely to irritate the skin and better to play in!
- ✓ Carry Atopiclair™ Cream or Lotion and a cold pack on-the-go. It is an instant salve for itching and your child will find holding a cold pack a cool distraction! Atopiclair™ has been proven to be clinically effective, especially for children under the age of two.
- ✓ Keeping the skin cool helps calm eczema. Where possible, adjust the room temperature to a comfortable level so that your child can enjoy even more fun!

References:

1. Atopiclair Patient Information Leaflet
2. http://www.talkeczema.com/webdocs/information/eczema_diagnosis.php
3. <http://www.eczemavoice.com/sections/hints/hints2.html>
4. http://www.talkeczema.com/webdocs/skincare/documents/fact_sheets.php