

Things to do daily to try to keep your child's eczema under control: the *gentle skin care* checklist



What you decide **to do** and what you decide **not to do** can make a big difference!

Talk to your doctor about skin care for your child's eczema.

What is gentle skin care?

Gentle skin care has to do with:

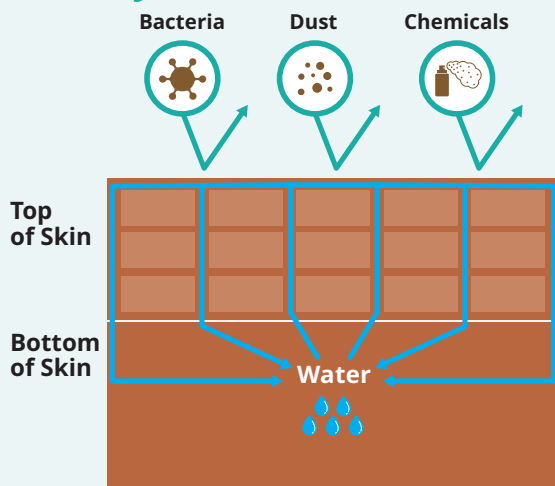
- How you bathe and clean your child.
- What you put on your child's skin to keep it from getting too dry (also called moisturizing).
- Things your child should stay away from that can bother the skin (avoiding "**triggers**").

Use the checklist on the back of this page to remember the everyday things you can do to keep your child's skin healthy.

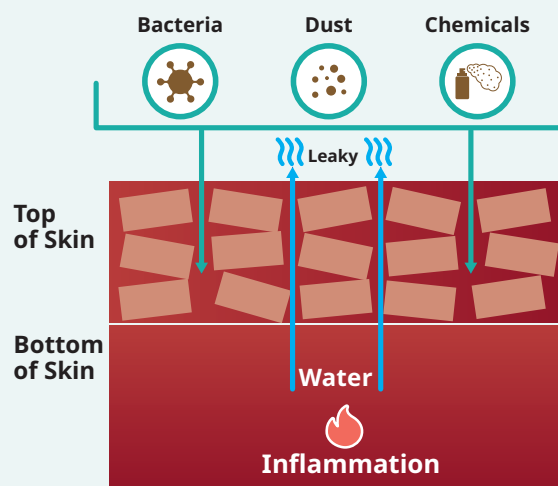
Why is gentle skin care important?

- The skin is like a wall for your body. It helps stop water from leaving. And it stops things from coming in, like bacteria, dust, and **chemicals**.
- Children with eczema are often born with a wall that is "leaky." This makes it easy for the skin to get dry and irritated.
- Your child's everyday gentle skin care plan helps your child's skin stay healthy.

Healthy Skin



Eczema



Glossary

Chemicals	Things that are in the air or in things that you use like soaps or cleaning products. If they make your child's eczema worse, they are called "triggers."
Triggers	Things that can make your child's eczema worse. Common "triggers" are things like sweat, weather (hot or cold), and soaps and shampoos that have smells added to them, or infections of the skin.



My Child's Everyday Gentle Skin Care Checklist

Suggestions for gentle skin care for your child's eczema. Check the boxes after completing each action item.

Take baths or showers the right way

- Keep the water temperature warm, not hot.
- Stay in the bath for 15 minutes or less.



Use moisturizer often to keep your child's skin healthy

Try to choose a moisturizer that is a thick cream or ointment. They work better than thin lotions.

- Use the moisturizer **all over** the body—morning and night.
- Always put on a moisturizer **right after** a shower or bath.
 - Pat the skin dry so it is still a little wet. Do not rub the skin.
 - Remember the **3-minute rule**. The moisturizer should go on before 3 minutes go by after coming out of the bath or shower.



Avoid common eczema triggers

- Try to avoid soaps or shampoos that smell. This includes laundry soap. Look for the words "fragrance-free" on the bottle or box.
- Stay away from clothes made of wool or polyester. These can bother the skin.
- Try not to get too sweaty. When it is hot, wear clothes made of light cotton and try to stay cool in the shade.



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The content contained in this brochure does not replace any medical advice given by your healthcare provider.

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