

# Skincare Tips For Children With *Eczema*



Avoid overdressing the child.

Keep their nails short to avoid skin damage from aggressive scratching.



Limit the time your child spends on sand, carpets, and grass.

Keep the bathing time short — five to ten minutes.



Bathe them with lukewarm water and soap-free, fragrance-free washes.

Avoid bubble baths for the child.



Pat dry the child's skin instead of rubbing it with a towel after bathing.



Apply skin-friendly moisturizer at least twice a day to avoid dryness and cracking.



In case of severe itching, consult your doctor about wet wrap therapy.



Use sensitive skin-friendly laundry detergent to wash their clothes.



## References:

- Atopic Dermatitis: Self-Care; American Academy of Dermatology Association
- Eczema; Perth Children's Hospital