

Eczema

Eczema usually starts appearing on your child's skin before one year of age. Eczema is a common skin condition, with the cause unknown and no real cure. It is known that Eczema can run in families. Most children will grow out of eczema by their teenage years.

Eczema triggers

- Being over heated with clothes or heating in the home
- Dry skin
- Soaps, detergents, bubble bath, chemicals
- Fabrics that itch the skin including wool, acrylic clothing, and bedding
- Dummies or dribbling around the mouth
- Food allergies or intolerances including dairy
- Pollens, dust mites, animal fur
- Toothpaste, use one that is sodium lauryl sulphate (SLS) free

Treatment

- If you think that your child's eczema is caused by a food allergy, see your GP to discuss allergy testing.
- Dress your child in cotton underwear and clothing.
- Keep your child cool, do not dress them in too many layers.
- Give your child short bathes or showers, only once per day as water can dry the skin.
- Avoid using soaps, powders, bubble bath or any products with preservatives, anti-septics and SLS.
- Add non perfumed oils to your child's bath.
- Moisturise your child's skin twice per day with a natural, non-perfumed, thick cream. Thick creams are better than lotions.
- Use a cortisone cream prescribed by your GP for break outs. Use as directed.
- Cortisone is a natural hormone produced in the body and the cream is effective and safe to use on your child, as directed by your GP.
- Keep your child's nails short and clean to help prevent infection when scratching.
- Try cotton mittens on hands for overnight.

