



# ECZPL<sup>ORE</sup>RE

Navigate Knowledge, Redefine Eczema Journey

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Jamjoom Pharma





It's itchy, mommy.  
I don't like it.  
Why does my skin  
always do this?

I see you've been  
scratching again!

That's because you  
have something  
called eczema.

## Catch Eczema Before It Flares Up

Eczema, that is a non-contagious skin condition, causes dry, inflamed, and itchy skin, especially in children.<sup>1</sup>

Flare-ups can result in redness, soreness, and intense itching, often leading to scratching that disrupts sleep.<sup>2</sup>

The dryness may cause the skin to crack and bleed, increasing the risk of infection.<sup>2</sup>

## Break the Silence, Understand Eczema Today.

Every child knows when their skin is not feeling right, but explaining eczema requires a tailored touch depending on their age and understanding. It is essential to explain eczema clearly to them.<sup>2</sup>



# Make Eczema-Sense to Them

## Tell:

"Your skin needs a little extra help, so we're going to give it a boost".<sup>2</sup>



## Show:

"We use these special creams to make it feel better".  
(Apply emollient as you speak)<sup>2</sup>



## Do:

Encourage your child to join in and explain why they are doing it to show them that they have got it.<sup>2</sup>



## Review:

Celebrate their efforts with lots of praise, making their eczema journey a positive adventure.<sup>2</sup>

I know it can be tough. Eczema can make you feel different, but it doesn't change how amazing you are. Things like sleeping, playing sports, and even being at school are a little tricky with eczema, but remember we will face those challenges together.

And at school, sometimes kids ask me about my skin. It makes me feel shy. I feel different.



## Back to School: Eczema Edition

At the start of the school year, talk to your child's teacher about their eczema. A well-informed teacher can help your child manage their condition both physically and emotionally. If your child is on medication, coordinate with the school nurse to ensure a smooth routine.<sup>3</sup>

### Eczema-Friendly Alternatives:

If sweating is a concern, suggest creative or low-intensity activities like music, art, writing, or filmmaking as alternatives.<sup>3</sup>



## School Care Kit Essentials:

Prepare a kit to help your child manage eczema at school, including:<sup>3</sup>



**Gloves for  
handling irritants**



**Moisturizing cream  
or ointment**



**Mild cleanser**



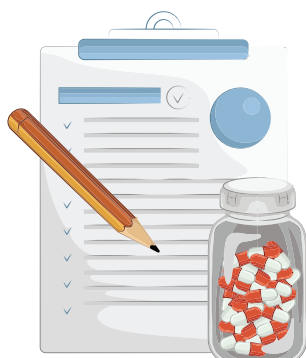
**Alcohol-free  
hand sanitizer**



**Adhesive bandages  
and gauze pads**



**Protective clothing**



**Written instructions on medications,  
triggers, and activity limitations**

# Your Guide to Introduce New Skin Care Products for Eczema

If you know your child is allergic to a particular ingredient, check a product's label before you buy it.<sup>4</sup>

The first time to use a new product, apply a small amount (about the size of a pea) to the pulse of your child wrist or the crook of the elbow. Do not wash the area for 24 to 48 hours and watch for any allergic reaction, such as redness, a rash, any form of breakouts on the skin, itchiness, pain or flaking.<sup>4</sup>



## Make Eczema Care a Fun Game!

Teaching young children to manage their eczema can be a playful experience. Regular emollient application is crucial, and turning it into a fun activity helps establish lifelong self-care habits.<sup>2</sup>

### Here's how to make it a game:



#### Explain the Magic:

Kids are more likely to stick to their eczema care routine when they understand the "why". Use simple, kid-friendly language to explain what eczema is and why applying emollients and topical steroids is like giving their skin a helping hand.<sup>2</sup>



#### Toy Time:

Before your child is ready to apply emollient on their own, let them practice on a favorite plastic doll or toy. It is a fun way to get them excited about the process while learning the ropes.<sup>2</sup>



#### Start Small:

When your child is ready to try applying emollient to themselves, begin with just one area, like an arm. As they gain confidence, gradually expand to other parts of the body, turning it into a step-by-step adventure.<sup>2</sup>



#### Family Fun:

Turn emollient application into a family activity. Apply it to yourself while your child does the same. If an older sibling joins in, it becomes a fun bonding experience, reinforcing the importance of self-care.<sup>2</sup>





But it's hard, mommy. I can't sleep well sometimes because it's so itchy.

## Could Bedtime Routine Help Your Child With Eczema?

Children with eczema often struggle with sleep disturbances, which can impact their overall well-being. Poor sleep not only increases their risk of infections and pain sensitivity but also affects their cognitive abilities, behavior, and emotional health.<sup>5</sup>

### Crafting a Peaceful Pre-Bedtime Routine:<sup>6</sup>

#### Set a Regular Bedtime:

Consistency is key. A set bedtime helps regulate your child's sleep pattern.



#### Fresh Air and Exercise:

Ensure your child gets plenty of fresh air and physical activity during the day to promote better sleep.

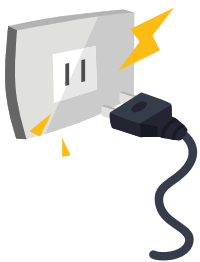
#### Mindful Eating:

Avoid heavy meals and caffeine late in the evening.



#### Unplug:

Power down all electronic devices at least an hour before bedtime.



#### Create Calm:

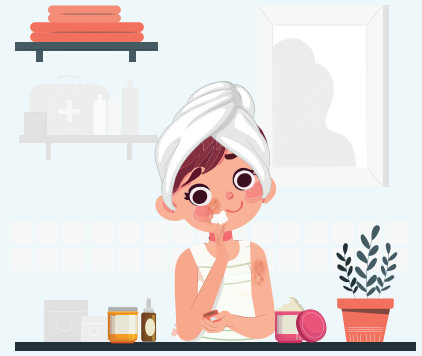
Establish a soothing pre-bed routine that your child looks forward to every night.



# Eczema Care for Better Sleep:

## Bathing and Moisturizing:

Make bath time part of the nighttime routine. Moisturize immediately after to soothe your child's skin, ease discomfort, reduce flares, and improve their response to treatment.<sup>7,8</sup>



## Cool Compress:

Apply a cool compress to itchy areas to help calm the skin before sleep.<sup>9</sup>

## Avoid Triggers:

Identify and steer clear of your child's eczema triggers, like overheating, wool fabrics, or fragranced skincare products.<sup>7</sup>



## Choosing Eczema-Friendly Products:

### Moisturizers:

Go for fragrance-free, perfume-free, and dye-free creams or ointments (rather than lotions) to keep your child's skin hydrated and comfortable.<sup>10</sup>



### Fabrics:

Dress your child in soft, eczema-friendly fabrics like cotton, bamboo, or silk to minimize irritation and ensure a good night's rest.<sup>11</sup>



But guess what?  
There are ways with  
which we can help  
your skin feel better  
and make life easier.



Really? How?

Well, we need to  
know what triggers  
your eczema.

## Could Their Space Trigger Eczema?

Eczema can be triggered by various environmental factors, causing flare-ups that differ from one child to another. Identifying these triggers can be challenging, as reactions may not be immediate or obvious.<sup>12</sup>

### Soap & Water:

Avoid doing laundry with plain water and avoid using soap or bubble bath. Such activities damage the skin barrier, causing more dryness and irritation.

### Fragrance:

Keep fragranced products at bay, as perfumes can act as airborne allergens, worsening eczema.

### Sweat:

Prevent overheating by choosing breathable cotton clothing to keep your child cool and comfortable.

### Wet & Messy Play:

Moisturize hands before activities like playing with sand, water, paint, or clay. Wash hands with a soap substitute afterward, then reapply emollients.

### Swimming Pools:

Protect the skin from chlorine by applying a layer of emollient 30 minutes to an hour before swimming. Afterward, if the pool showers use chlorinated water, consider showering at home and reapplying emollient immediately.

# Is Your Child's Eczema Under Control During Sports?

Help your child stay active without triggering eczema flare-ups with these dermatologist-recommended tips.<sup>13</sup>

## Dress Smart:

Ensure your child wears loose-fitting, breathable cotton clothing to minimize irritation. If a sports uniform is required, take these steps to reduce discomfort:<sup>13</sup>



Go for a loose fit.

Cover rough seams with silk.



Remove any itchy tags.

Wash all new uniforms before wearing.



## Flare-Free Laundry:

Keep irritation at bay by washing your child's clothes with fragrance-free, dye-free detergent. If you use a fabric softener, choose a fragrance-free option. For extra softness, dry clothes in the dryer instead of hanging them.



## Cool Down, Stay Active:

To prevent overheating, your child should take breaks, drink cool water, and, if possible, wear a wet T-shirt soaked in cool water.

## Sweat It Out, Then Wash It Off:

After every physical activity, a quick shower in warm (not hot) water is essential. Use an eczema-friendly cleanser and gently pat the skin dry with a clean towel from home. Do not forget to apply an eczema-friendly moisturizer immediately after.



Some medicines, like corticosteroid creams, can help a lot when your skin is irritated. They don't hurt, and we use them carefully. You don't need to be afraid, I'm here to make sure we do what's best for you.

corticosteroid cream

But, mommy, sometimes I hear about medicine for my skin, and I'm scared it might hurt or make things worse.



## Steroids: Scare or Saviors?

Topical corticosteroid creams and ointments, commonly known as topical steroids, are essential for managing eczema. Prescribed by healthcare professionals, they offer powerful anti-inflammatory benefits that can significantly improve the condition.

However, over the years, exaggerated concerns about the side effects of topical steroids have created unnecessary fear. This "steroid phobia" leads many patients and their families to under-treat their eczema, even when steroids are the most appropriate solution.

Parents, in particular, often worry about long-term damage to their children's skin. Conflicting advice from various sources including health professionals, pharmacists, friends, family, and the media only adds to the confusion. The truth is, when used properly, topical steroids are safe and highly effective for most eczema sufferers.<sup>14</sup>



"Topical steroids shouldn't be used on cracked or weepy skin".

"Topical steroids will make my child hairy".



While bad eczema often leads to cracked and broken skin, topical steroids are one of the best treatments to help the skin heal and return to normal.<sup>14</sup>

It is extremely rare, but the long-term use of topical steroids can occasionally cause a mild, temporary increase in fine hair growth in treated areas. This side effect is uncommon and typically minor.<sup>14</sup>

## Remember,

Not all corticosteroids are suitable for every age group, so it is important to consult your physician to ensure you are using the right treatment for your specific case. Proper use of these medications can help control eczema and bring relief without the risks that myths might suggest.<sup>15</sup>



## Turn Eczema Challenges Into Confidence Boosters

Eczema can deeply affect your child's life, from sleepless nights for the whole family to the pain and relentless itching. Moreover, it can bring emotional challenges like embarrassment, teasing, and bullying, and may even prevent your child from participating in everyday activities like sports.<sup>16</sup>

But there is hope. Educating yourself and your child about eczema can make a real difference, improve quality of life, ease the severity of symptoms, and boost emotional well-being.<sup>17</sup>

By understanding how eczema impacts daily life, we can refine treatment and management strategies to help your child live more comfortably and confidently.

For references,  
scan here

