

flaring up?
←

settled down?
→

Get control

How to Control Your Child's Eczema

Keep control

1.

Use your child's steroid treatment every day until eczema is clear
- You may have a different strength steroid to use on your child's face where the skin is more delicate



1.

Continue to use the same quantity of emollients to wash and moisturise your child's skin



2.

Try to use up a whole 500g tub of emollient in a fortnight. This may seem like a lot but it is important to use a good quantity of this treatment.

2.

Avoid triggers- these may include soaps, fragrances, hot water or things you know your child is allergic to

3.

Use an emollient to wash your child's skin with instead of soap



3.

If you have been advised to do so by your doctor or nurse then you can continue to use your child's steroid treatment on weekends

* When applying steroids make sure you use enough to make the skin shiny

