



In association with: Nottingham University Hospitals 
NHS Trust

Written by Professor Hywel Williams, Dr Ruth Murphy, Dr Jane Ravenscroft, Nurse Consultant Sandra Lawton and parents on behalf of the Nottingham Support Group for Carers of Children with Eczema

Where to turn to – support for carers of children of eczema

Sharing the caring

Share care with family or friends.

Encourage your child to take appropriate responsibility for their skin. As they get older, trust your child to find their own solutions to their skin needs.

Parenting skills

It is not uncommon to feel stressed in relation to their parenting and less efficient in their disciplining. Children need clear boundaries in order to feel secure. (See the Family Lives site.)

Being fair to your other kids is a constant balance in any family.

Looking after your health

During an assessment of psychological and psychosocial wellbeing and quality of life, healthcare professionals should take into account the impact of atopic eczema on parents or carers as well as the child and provide appropriate advice and support. NICE CG57 Atopic eczema in children

Caring for yourself is important. Eat properly and allow yourself “me time”.

Dealing with stress

Suggested ways of reducing stress

- Time out
- Exercise
- Alternative therapies like reflexology, acupuncture or aromatherapy
- Process your emotions (through social support or professional help)
- Meditation
- Talk: tweet us @eczemasupport or join a local group to which you can relate

Learning about the condition (check out the information leaflets on our site at www.nottinghameczema.org.uk) This will empower you to understand and manage the condition. It will also help you to be taken seriously.

Employment

Fewer mothers of children with atopic eczema are in outside employment. There are several things that you and your employer can do to help you combine your caring role with employment (see the GOV-UK site).

Useful organisations

Carers UK – www.carersuk.org

NHS Choices, Carer Direct <http://www.nhs.uk/carersdirect/Pages/CarersDirectHome.aspx>

Carers Trust <http://www.carers.org/why-do-carers-need-support>

Family Lives <http://familylives.org.uk/>

GOV-UK http://www.direct.gov.uk/en/CaringForSomeone/CarersAndEmployment/DG_4000206

National Eczema Society <http://www.eczema.org/>

Website – www.nottinghameczema.org.uk

email – enquiry@nottinghameczema.org.uk