

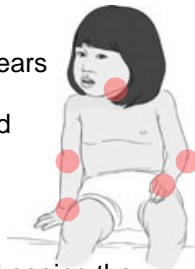
Eczema in Children

Where does eczema usually appear?



The areas of the body that eczema affects tends to vary with age. In babies, a patchy rash usually appears on the face, elbows, and knees. Diaper rash is also common.

In older children, the rash appears most often behind the knees, inside the elbows, on the sides of the neck, and on the wrists, ankles and hands.



How can I help my child?

You can help prevent eczema in your child by keeping the skin soft and moist and avoiding known triggers that cause itching and flare-ups.

When should you call your child's doctor?

Children with eczema are prone to skin infections. Call your child's doctor if you notice signs of skin infection, which may include: fever, redness and tenderness, or pus-filled bumps on or around affected areas. Also, call your child's doctor if you notice a sudden change or worsening of your child's condition.

Cool compresses relieve inflammation and itching.

Follow these easy instructions for fast relief:

- Use several layers of cheesecloth or soft cotton cloth cut to fit over the affected area.
- Soak the cloth with water or Burow's solution
- Place on the skin for 20 to 30 minutes
- Keep the cloth continuously wet and uncovered to allow evaporation.
- Then pat the skin dry and apply your medication

What is cradle cap?

Cradle cap is common in babies and is easily treated. It is caused by the normal buildup of sticky skin oils, and scales of sloughed skin cells on a baby's scalp.

Cradle cap is not harmful to your baby. It usually goes away by a baby's first birthday.

When should you see a dermatologist?

If following these guidelines and your doctor's treatment is not improving your child's skin, a dermatologist will be able to help.

Tips for parents

Avoid skin contact with wool and rough fabrics

Do not let children play in tall grass

Moisturize their skin daily

Apply medication to any areas of inflamed skin regularly every day

Eczema FACTS

Eczema is not contagious

Eczema is most common in children, and about half will grow out of it

Baths are good – apply a moisturizer right after

Wear and sleep on soft natural fabrics

Avoid harsh soaps, scented products and perfumes

Without a proper diagnosis and adequate treatment, eczema can become chronic and disabling