

Eczema Care Tips for School Kids



Morning Moisturising Ritual

Apply a non-paraffin and steroid-free moisture cream or eczema lotion before your child gets dressed.



Dress in Skin-Friendly Layers

Choose breathable, soft fabrics (like organic cotton or TENCEL) under school uniforms to reduce friction.



Keep a Mini Moisturiser at School

Pack a travel-sized non-paraffin cream in their bag for quick relief if skin feels dry or itchy



Teach the 'Pat, Don't Scratch' Trick

Show your child how to gently pat or press itchy spots instead of scratching - it helps prevent broken skin.



Stay Cool During PE

Ask teachers if your child can take breaks, drink water often and wear lighter PE clothes underneath.



Manage Stress

Encourage calm activities at home like reading, drawing or quiet play.



Communicate with Teachers

Let teachers and the school nurse know about your child's eczema triggers and help.

HappySkin
made with DreamSkin® technology