

How to look after my eczema at nursery or school

Please fill this in for your child or with your child before giving to their teacher.

Child's name:

Please tick what your child needs to do:

- I must use my own soap brought from home and not school soap.
- I must always use moisturising cream after washing my hands.
- I must use moisturising cream at other times (write details in box below - at what times, do they need help?)

Please tick which things can make your child's eczema worse:

- Playing with sand or water, clay or paints can make eczema worse.
- Sitting on carpet
- Going outside in the cold
- Getting too hot
- Other things make my eczema worse (write details in box below)

Please tick which things your child needs to do to help them with this:

- I should wash my hands and use my moisturising cream after playing with sand or water, clay or paints
- I should avoid sitting on carpet and use my own cloth
- I should put on moisturising cream before going outside when it is cold
- I should avoid sitting next to warm radiators
- There are other things I need to do (write details in box below)