



2024 EDITION

ECZEMA SCHOOL AND DAYCARE GUIDE



INTRODUCTION

While eczema can be challenging for sufferers of all ages, it can be especially difficult for children to understand and manage. This resource may be helpful for families, teachers, daycare providers, and anyone who cares for a child living with eczema.

WHAT IS ECZEMA?

The word “eczema” is often used to describe the condition called atopic dermatitis (AD), which is the most common form of eczema. The terms eczema and AD are often used interchangeably. AD is a skin condition that can be itchy and cause flare-ups of skin rashes and patches that can crack, ooze, and bleed and become rough and/or thick in texture. It is often described as red; however, this is more common in lighter skin tones. In deeper skin tones, there may be no redness. Instead, it may appear purplish, grayish, red-brown, or dark brown. The condition can range from mild to severe, and for children with more severe forms of AD, the condition can be very uncomfortable and negatively impact daily life. Eczema is not contagious, so children with it can’t “pass” it on to their friends or teachers.

Eczema is very itchy, and children with eczema frequently scratch their skin, which further damages the skin and makes the condition worse. Children with eczema can also experience “flares” in which their condition can worsen, followed by periods where it may get better. Flares can be triggered by environmental factors, and each person may have different triggers. Common triggers include dust, pet dander, sweating during exercise, overheating, bathing in hot water, changes in temperature/ weather, certain fabrics, certain fragrances, and certain soaps/cleaners. For some people with eczema, their condition can flare without a known trigger.

HOW DOES ECZEMA AFFECT BEHAVIOUR?

Eczema can be very uncomfortable as the skin can be very itchy, irritated, and painful. This can negatively impact the mood and behaviour of the child who is suffering. The child can seem restless and irritable and may have a limited attention span and/or lack of focus. Many children with eczema also have difficulty with sleep due to their condition, which can leave the child chronically tired and impact their ability to focus and concentrate.

WHAT IS THE SOCIAL AND EMOTIONAL IMPACT OF ECZEMA?

The physical symptoms of eczema can change a child’s appearance and impact their self-esteem and confidence. The child may worry about looking different and fear being bullied or teased. Eczema can cause children to sit out of certain activities or sports. Exercise and sweating may trigger a flare, and in more severe cases, even the act of physical activity can cause the child’s skin to crack and bleed.



TIPS FOR TEACHERS AND DAYCARE PROVIDERS

UNDERSTAND SCRATCHING: Children with eczema will scratch frequently. Avoid telling them not to scratch (as this isn't helpful); instead, offer assistance. Showing empathy can help to minimize the distress associated with a flare. Offer moisturizer or provide a distraction to shift the child's attention away from the itch.

FOSTER AN INCLUSIVE ENVIRONMENT: An anti-bullying curriculum and inclusive classroom practices help all children and foster a secure environment for children with eczema.

MANAGE TEMPERATURES: Children with eczema may prefer to sit away from windows or radiators and should avoid overheating during physical activities. Students for whom overheating and sweating are triggers may require air conditioning or a fan.

CLOTHING CONSIDERATIONS: Children can be encouraged to wear light clothing, but garments with long sleeves and pants may also be helpful to reduce contact with potential irritants. Encourage caregivers to provide a clean change of clothes for students who are overheating or sweating.

COMMUNICATE WITH CAREGIVERS: Work closely with caregivers to help outline and clarify your role while the child is in your care. Daycare providers and nannies may have a unique role in the care of children with eczema, such as caring for the child's skin or applying moisturizer. Be aware of potential triggers and understand the importance of distraction to help children cope with itch. Caregivers and staff should develop a clear plan and expectations when providing childcare for a child with eczema.

DISCUSS ALLERGIES: Many children with AD (but not all) may also live with allergies. If a child has allergies, caregivers and teachers should discuss them and provide alternatives for children with allergies.

ECZEMA CHECKLIST

A child with eczema may benefit from having some of the following items on hand when they are at school. Work with the child's doctor to develop a plan to manage the child's eczema.

- Moisturizing cream
- Gentle hand soap (if the student cannot tolerate the school's hand soap)
- Non-irritating sunscreen
- Cotton gloves (for handling materials which may be irritating to the skin)
- A list of potential triggers to avoid (e.g., hand sanitizer, known allergens, etc.)



TIPS FOR CAREGIVERS TO HELP KIDS PREPARE FOR SCHOOL

WORK WITH THE CHILD'S TEACHER: Discuss the child's eczema, including known triggers, the impact that it is having on the child, and what you have found works best for management. Each child is unique, and together, you can brainstorm what will work best for the child in the context of their classroom and make a plan for circumstances that might require special attention (e.g., projects that include the use of potential triggers/irritants, physical education class, etc.).

ENCOURAGE ACCEPTANCE: Work with the child to accept their eczema as a chronic condition and provide them with strategies to help manage their condition during a flare.

DISCUSS FEELINGS: Teasing and social isolation sometimes occur; however, caregivers can take proactive steps to help the child feel confident.

DRESS FOR SUCCESS: Children with eczema may prefer to dress in light cotton layers. Clothing like uniforms may pose a challenge depending on the fabric and type of garment. Work with school administration to find a uniform that is suitable for the child. Outdoor play in colder months should include protective clothing, such as hats and mittens, when needed.

WORK WITH THE CHILD'S DOCTOR: If you have any questions or concerns related to the child's eczema, contact their doctor to ask your questions. Seek additional help if needed; sometimes, a therapist or counsellor can help the child articulate their feelings, cope with those feelings, and develop supportive language for you and the child to talk about their eczema to others (e.g., educators, other caregivers and peers). There is no shame in reaching out for this type of help.

SUMMARY

Caregivers, teachers, and daycare providers can work together to build a plan that will help children with eczema. For additional support and information, visit eczemahelp.ca.

ACKNOWLEDGEMENTS

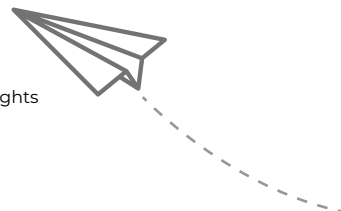
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DISCLAIMER: Information provided in this resource does not constitute medical advice and is not intended to be used as a diagnostic tool. The information is up-to-date at the time of publication. All medications, interventions, and treatment plans have risks and benefits, and it is important, that individuals discuss their or their child's specific health care needs with a qualified health care professional.



www.eczemahelp.ca