



Get Talking: A Parent's Guide

Use the questions in this guide, as well as your notes, to help you prepare for a discussion with the doctor about what you can do to better control your teen's atopic dermatitis, a chronic form of eczema.

1 Before the appointment

Think about what you want to ask or talk to the doctor about. Use the topics below as a starting point. Then jot down some notes about the ways eczema affects you both. You may also want to take pictures of any flare-ups so you can show them to the doctor.

- The most troubling part of a flare-up for my teen is
 Itching Skin bleeding Skin flaking Scarring Other
- Flare-ups affect my teen's sleep because _____
- My teen missed _____ days of school because of flare-ups in the past month
- Activities that are impacted or even missed out on include _____

- My teen could set a goal like _____ or _____
if their eczema were better controlled
- The unpredictability of flare-ups affects my schedule by _____

Tips for Talking to Your Teen

Keep these tips in mind as you both work through the guides and prepare for your appointment.



Set the right tone. Listening attentively and using a positive, encouraging tone when speaking may help keep your teen engaged.



Respect your teen's privacy. There may be times when your teenager doesn't feel like sharing. If that's the case, you might suggest that they try journaling to keep track of how treatment is going.



Find the right time and place. Try to choose a setting that's comfortable for both of you. Some teens like to talk in the car where they don't have to make a lot of eye contact.

2 During the appointment

Share the pictures and notes you prepared. Be sure to also ask any questions you may have. A few you may want to consider include

- If my teen is itching at night, what can you suggest to help my teen sleep better?
- How can we help prevent flare-ups so they don't impact my teen's life as much?
- What are some ways to minimize the impact of flare-ups?
- Are there doctors that focus specifically on diseases like atopic dermatitis?
- Can we get a referral to a doctor who specializes in atopic dermatitis?

Notes:

3 After the appointment

Take a look at the notes you made during the appointment and plan what steps you want to take next.

- One thing we'll incorporate into my teen's daily routine is _____
- Tips from the doctor we want to try are _____

- My teen will use the plan we discussed with the doctor to keep track of their emotional and physical symptoms by _____



Your teen's atopic dermatitis may change over time. Revisit these guides before future appointments so you're ready to discuss what's working and what's not in your teen's treatment.