

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

- My child 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 Child

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 child's attention.



Find the right time and place. Try to choose somewhere that's comfortable for both of you. Even consider activities or places where your child won't have to make a lot of eye contact—like the car.



Respect your child's wishes. There may be times where your child doesn't feel like sharing. If that is the case, you may suggest to your older children to try journaling to track their symptoms.

2 During the appointment

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

- If my child is itching at night, what can you suggest to help them sleep better?
- How can we help prevent flare-ups so they don't impact my child'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?
- Can we set up a next-steps plan?

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 child's daily routine is _____
 - Tips from the doctor we want to try are _____
-



Your child'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 child's treatment.