GET TALKING:
A PARENT'S GUIDE

When you first bring your child home, you may not realize how many roles you'll have to play, often at the same time.

Chef, chauffeur, nurse, playmate, comfy pillow—it goes on and on.

But when your little one has a condition like atopic dermatitis, a chronic form of eczema, that list only grows.

Caring for a young child can feel overwhelming, but this guide was designed to help you organize your thoughts and questions.

Use it to gather the information you need to make a plan for your child's health and get the most out of a discussion with their doctor.

YOUR ROLE: PLANNER

You can't make an effective plan without all the information, and neither can your little one's doctor. Keep track of all the ways eczema affects your child and your family, starting with the questions below. Don't forget to mention the impact it's having on you personally. You may also want to take pictures of your child's skin during and between flare-ups so you can show them to the doctor.

- The first sign of my child's eczema was _____

  when they were _____ old. They experience flare-ups ☐ Constantly ☐ Often ☐ Sometimes ☐ Rarely

- The most troubling part of eczema for my child is

  ☐ Itching ☐ Rashes that ooze or bleed ☐ Dry patches of skin ☐ Thick and hardened skin ☐ Other _____

- Flare-ups affect my child's sleep due to

  ☐ Trouble falling asleep ☐ Scratching ☐ Restlessness ☐ Frequent waking ☐ Other _____

- Flare-ups make it hard for my child to participate in

  ☐ Napping/Sleeping ☐ Playing ☐ Bathing/Swimming ☐ School/Daycare ☐ Other _____

- My child's eczema affects our whole family, because _____

- My goals for the management of my child's eczema are _____

GETTING READY FOR YOUR CHILD'S APPOINTMENT

BEFORE

Remember that you and the doctor both want what's best for your child's health.

Come prepared to work as a team.

DURING

Make your child as comfortable as possible.

Consider bringing their favorite toy or stuffed animal to help provide a distraction.

Don't be afraid to speak up if there's something you're not sure about.

AFTER

Cuddle your child and soothe them with soft words or a favorite lullaby.

Take comfort in knowing that you're taking action to help your little one's skin.

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YOUR ROLE: PARTNER

Don't be afraid to speak up during your little one's medical appointment. After all, you and the doctor are a team, working together to find a plan for your child's eczema. Remember to share the pictures and notes you prepared and to ask any questions you 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?*
- *Is there anything we can do to help prevent flare-ups?*
- *What are some ways to minimize the impact of flare-ups on my child's skin?*
- *Are there doctors that focus specifically on diseases like atopic dermatitis?*
- *How is eczema likely to affect my child's life in the future?*
- *What are the next steps for my child?*

NOTES: _____

_____

_____

_____

YOUR ROLE: PROTECTOR

From the first time you saw that gummy smile or pinched those chubby thighs, you knew you'd do whatever you could to keep your child safe and healthy. After you speak with your child's doctor, it's time to use the knowledge you've gained and take action to help your little one's skin.

- *Something we'll incorporate into my child's daily routine is* _____

_____

- *Tips from the doctor we want to try are* _____

_____

As you and your child follow the plan developed with their doctor, it may help to keep an ongoing record of their emotional and physical symptoms to discuss at the next appointment.

A LIFELONG CONDITION

Some children may never outgrow their eczema, and you'll never outgrow your role as their protector. There's always work to do.

Remember to take care of yourself and feel pride in the job you're doing.

REVISIT THIS GUIDE BEFORE FUTURE APPOINTMENTS SO YOU'RE READY TO DISCUSS WHAT'S WORKING AND WHAT'S NOT FOR YOUR CHILD'S SYMPTOMS. BECAUSE THE MORE YOU KNOW, THE MORE YOU CAN DO.

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