

Family Education Sheet

Atopic Dermatitis (Eczema) Resources



Boston Children's Hospital

Where the world comes for answers

View more health education materials at
www.bostonchildrens.org/familyeducation

This family education sheet offers links to resources for managing atopic dermatitis.

Boston Children's Hospital resources for managing atopic dermatitis

Atopic Dermatitis: A Guide for Your Family

This handbook includes practical information about skincare, medications, avoiding triggers, managing itching, improving sleep, teaching kids to be part of their skincare and handling emotional challenges.



<https://extapps.childrenshospital.org/EFPEC/Home/Sheets/6124>

Dermatitis atópica: Una guía para su familia

Spanish:

<https://extapps.childrenshospital.org/EFPEC/Home/Sheets/6263>



دليل لعائلتك التهاب الجلد
التأتبي



Arabic:

<https://extapps.childrenshospital.org/EFPEC/Home/Sheet/6784>

Atopic Dermatitis: Information for Teachers

This handout provides information about supporting children with atopic dermatitis at school.

<https://extapps.childrenshospital.org/EFPEC/Home/Sheet/6134>



Professional and patient support organizations

National Eczema Association (NEA)

www.nationaleczema.org

NEA is a non-profit organization that provides education and support for people and families affected by eczema. The website includes information and resources about managing eczema. NEA hosts an annual conference for people with eczema and their families.

Global Parents for Eczema Research (GPER)

www.parentsforeczemaresearch.com

This is a parent-led non-profit organization that advances research and policy related to eczema in children. They have a monthly podcast with eczema researchers and a support program for parents/caregivers.

Eczema in Skin of Color

<https://eczemainskinofcolor.org>

This website provides tools for recognizing and managing eczema in people of color. The site was created by the American College of Allergy, Asthma and Immunology and the Allergy & Asthma Network.

American Academy of Dermatology (AAD)

www.aad.org

The website includes information about managing atopic dermatitis/eczema. AAD also sponsors a free summer camp for children with skin diseases.

American Academy of Allergy, Asthma & Immunology (AAAAI)

www.aaaai.org

The website includes formation about managing atopic dermatitis, allergies and asthma.

Apps for managing eczema

EczemaWise

App created by the National Eczema Association to track eczema triggers, symptoms and treatments.

Children's books about eczema

I Have Eczema by Lisa Crosby and Jen Greatsinger (for preschool-aged children)

Under My Skin: A Kid's Guide to Atopic Dermatitis by Karen Crowe (for school-aged children)

Website for electronic copy:
www.bridges4kids.org/Disabilities/Undermyskin.pdf

Resources for managing skin picking

The TLC Foundation for Body-Focused Repetitive Behaviors

www.BFRB.org

TLC is a non-profit organization that provides education and resources for managing skin picking and other body-focused repetitive behaviors.

What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More by Dawn Heubner, PhD (workbook for school-aged children)

Overcoming Body-Focused Repetitive Behaviors: A Comprehensive Behavioral Treatment for Hair Pulling and Skin Picking by Charles Mansueto, PhD (for older teens and young adults)

Websites for buying skincare products

Unna boot (zinc oxide wrap)

- Can be ordered at www.amazon.com/
- Search for Primer Modified Unna Boot – look for products without calamine
- Comes in 3 inch x 10 yards and 4 inch x 10 yards sizes

CoFlex bandages

- Can be ordered at www.amazon.com/
- Search for CoFlex NL (latex-free) bandages
- Bandages come in tan or mixed colors (fun for kids)

Websites for buying clothes

The websites below include products such as gloves, scratch sleeves, and sleep suits. **We don't endorse skincare products featured on these websites.**

AD RescueWear

<https://adrescuewear.com>

Scratch Me Not

<http://scratchmenot.com/>

The Eczema Company

<http://www.eczemacompany.com/>

Eczema Clothing.Com

www.eczemacllothing.com

George Glove Company (children's cotton gloves)

<http://georgeglove.com/dermatology-gloves/>

Relaxation resources for children and teens

Relaxation strategies and meditation can help children with eczema reduce stress, re-focus attention away from itching and improve sleep.

Note: Some free apps below have in-app purchases

Resources for young children

- Breathe Like a Bear (book, YouTube videos)
- Breathe with Me – Guided Breathing Meditation for Kids (book, YouTube video)
- Cosmic Kids Yoga (YouTube videos)
- Dreamy Kid Meditation (app, free and subscription)
- Moshi Kids: Sleep and Meditation (app, free and subscription)
- Sesame Street Monster Meditation #2: Good Night Body with Elmo and Headspace (YouTube video)
- Sesame Street Monster Meditations Compilation | All Episodes (YouTube videos)
- Stress Free Kids (use website to purchase/download guided meditation CDs and books)
- Super Stretch Yoga HD (app, free)

Resources for older children/teens

- Bedtime meditations for kids (app, older children/young teens)
- BellyBio Interactive breathing (app, free, turns your iPhone into a biofeedback device that monitors breathing)
- Breathe2Relax (app, free)
- Bhuddify (app, meditations, sleep)
- Calm (app, free trial and subscription, meditation, sleep)
- Headspace (app, meditation, sleep, content based on age, free trial and subscription)
- Imaginaction (imaginaction.stanford.edu, websites include free recordings of meditations for sleep, stress and comfort)
- Insight Timer (app, free, guided meditations for sleep, stress)
- iSleep Easy (app, free)
- Relax and Rest Guided Meditations (app)
- Take a Break! (app, free, meditations for stress relief)