

Eczema guide helps teachers understand the itch

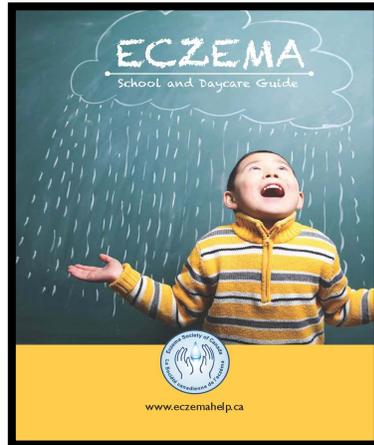
(NC) – The school year can be a stressful time for both parents and children alike, but for those affected by eczema, it can be even more challenging.

An estimated 17 per cent of children suffer from eczema, a chronic skin condition that is marked by itchy, red, inflamed skin. The effects of the condition can range from mild to severe, and the physical symptoms can be very painful and life altering.

November is Eczema Awareness Month, and the Eczema Society of Canada (ESC) is helping parents with young ones affected by this frustrating condition through the distribution their *Eczema School and Daycare Guide*.

“School can be challenging for kids with eczema,” says Amanda Cresswell-Mellville, Executive Director of the Eczema Society of Canada. “Parents have to work closely with teachers and daycare providers to make sure their child’s skin is being cared for, isn’t being exposed to harmful triggers, and more importantly, so the teacher understands some of the behaviors related to eczema, such as scratching, frustration, and possibly inattention.

Our guide can be shared among teachers, parents and daycare providers, and suggests ways to manage a child’s eczema when they are away from home.”



Eczema can change a child’s appearance, and can be extremely stressful when they are in school. They may feel embarrassed about exposing their skin, and may avoid activities that expose them to bullying or teasing.

"The *Eczema School and Daycare Guide* is a complete and concise resource for parents to share

with teachers, to bring attention to how eczema impacts a child's life, and the special care that may be required during the school day." says Kimberly Wilkinson, elementary school teacher. "It also offers practical tips and strategies to best support students within the learning environment and reminds us of the importance of fostering an inclusive classroom."

The guide and its tips can be downloaded at www.eczemahelp.ca.

www.newscanada.com