

# 4 Ts guide to managing eczema at school

## Treatment



- Complete Emollient Therapy is advised for all eczema patients.
- It will make it easier to manage their eczema if a child knows how to put on their emollients before they start school.
- Pop a small tube of emollient (about 100g size) in a child's school bag to use when needed.

- Soap substitutes should be provided for school hand washing.
- Make the school aware, in a letter, of all prescribed treatments and how they should be used by the child.
- Continue using emollients even when skin is clear. This helps to keep the skin in tip top condition and prevent flares.

## Triggers

- Identify possible triggers within the school environment and suggest the parent takes time to discuss these with the teacher and child to determine how best to manage them. Triggers may include, but are not limited to;
  - Temperature extremes.
  - Plastic chairs, carpets, damp, mould or dust.
  - Messy play, art or cookery lessons.
  - Increased body temperature or sweating during PE lessons.
  - Swimming.
  - Traditional soaps at sinks.
  - School dinners and allergens within them.
- To ensure prompt treatment, it is helpful to keep a look out for early signs of an eczema flare (increased dryness, itching, redness, swelling and general irritability).

## Teamwork

- Parents, teachers and the child should be encouraged to work together to control the effects of eczema when at school.
- Teachers can not be expected to single out a child with eczema for excessive special treatment. Parents can help by making sure the teacher knows the day to day impact of a child's eczema.
- Teaching classmates about eczema may help to reduce embarrassment or teasing. Remember, eczema is NOT a contagious condition.
- By working together to manage eczema through a good skin care routine and positive reinforcement, parents, children with eczema and the school can make eczema much less of a problem in the classroom.
- There WILL be bad days. Keeping a diary of these and the reasons behind them can help prevent them in the future.

## Time

- Do the parents and child know how often and when to apply their emollient?
- Does the school know that the child may need extra time, and a suitable place, to apply emollients after PE, swimming or playtimes?
- Is there a place for the child to apply their emollients in privacy if needed?
- Itching at night may cause sleep disturbance. The child may need to start school later or miss days to allow full recovery after missed sleep.
- If sitting exams or tests, the child may be entitled to extended time or assistance if eczema is troublesome.



Information about  
eczema accredited  
by the



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