

# Does your child have eczema? Do you need some **extra support**?

talkhealth's **FREE** support programme, **myeczemachild**, can help. The support programme provides 12 weeks of self-management guidance on how to manage eczema in those aged 0-17 written by medical experts, with 4 topics written specifically to engage children.



Types of eczema,  
symptoms, treatments,  
and triggers



Nursery, school  
and eczema



Practical advice - daily  
eczema management  
( children's topic )



Emotional impact  
and support



Emollient - therapy,  
advice and application



Habit reversal and  
coping with the itch



Wet wraps, bandages  
and clothing



Being in control



What to ask and  
discuss with health  
care professionals

Supported by

**Epaderm®**

# Helping you self-manage chronic illnesses & conditions

Our support programmes are written and developed by experts to provide additional support and guidance for the self-management of chronic illnesses and conditions, and include:

