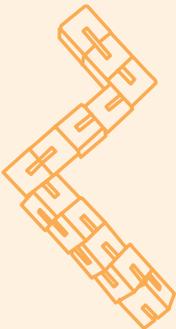


Being itchy and coping with eczema every day isn't much fun. Often people don't understand how horrible it can be and how many things it might impact in your life. You've maybe found some good ways to cope when you feel really itchy but if not, some kids with eczema told us about what they do to cope with the itch. You could try some of their ideas out and see if they help you...

	Top tip	How it could help
	Have something to keep your hands busy when you feel like scratching.	Charmaine (7) told us that she uses a 'twisty' toy to keep her hands busy when she feels like scratching. She has one with her all the time – at school, at home, in the car, and at Gran's. A toy or game to keep your hands busy and take your mind off scratching might help. It won't cure your eczema but it's a way to help cope with wanting to scratch.
	Try patting or nipping your skin instead of scratching.	Arthur (9) told us that he tries to pat his itchy skin instead of scratching it. Sometimes he just can't help scratching but the patting does work too and it stops his skin from bleeding. Owen (11) told us that he nips his skin near where it's really itchy. The nip takes his mind off the scratch and works for him. Give these ideas a go and see if they help you.
	Try cooling the skin	There are lots of ways you can try to cool your skin down when it's itchy. Lily-belle (7) uses a gel pack that she keeps in the fridge – hers is in the shape of a flower but you can get lots of different ones. Chloe (13) told us she sprays a mist of water on her skin using a little bottle and she can take it with her to school. Dominic (9) has a small hand fan so he can put cool air on the bit of skin that's itchy.



Content written by
Christine Roxborough from **Eczema Outreach** – a charity specifically for children with eczema

Make sure your clothes don't make you itch.

Some clothes can make you itch – a big woolly jumper or even your school uniform. **Sandy (8)** told us that he has a 'uniform pass' at school because his uniform was itchy. His school agreed that he could wear something similar to the uniform but in a material that didn't make him itchy. Also remember to take your sports kit off after you've finished your PE activity because it might make you itchy if you leave it on for too long.

Your family can join Eczema Outreach Support and receive more tips, resources and invites to family events.



topic10:



When my daughter starts to itch, or looks like she's going to scratch her skin, I try to distract her rather than telling her to stop scratching. I distract her by suggesting we read a book together or go for a walk or watch a programme on TV. It certainly helps. – **Kirsty**



Michelle: My son scratches his skin and does make it bleed sometimes, particularly at school and if he's anxious. I'm trying to teach him to rub his skin but it's hard to explain without making a big deal about it given he's only 5. I know he feels different from his friends and they do stare at his sore skin sometimes. But at least at this age they don't bully or tease him. I'm trying to build up his confidence so he's better equipped to handle any teasing in the future.

next topic: *Your stories*

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