





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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