

# ATOPIC DERMATITIS

## Advice for parents

### PARENTS SOMETIMES HAVE TROUBLE UNDERSTANDING WHY THEIR CHILD

is experiencing another "flare-up" when they have taken proper care of their skin. The fact is, one can ever completely prevent eczema flare-ups. The earlier the child is treated, the greater the chances will be that the the intensity and frequency of the flare-ups will decrease.

### IF ONE OF YOUR CHILDREN SUFFERS FROM ATOPIC

dermatitis, you can, as a preventive measure, apply a moisturiser or emollient daily on their sibling's skin from an early age; this will help limit or delay the occurrence of the atopy among siblings.



### MOTHERS WHO BREASTFEED

sometimes wonder if they should follow a specific diet when their infant is atopic. However, there is no conclusive evidence to support this theory. It is recommended that children be vaccinated between eczema flare-ups.

Indeed, flare-ups are a sign that the child's immune system is operating inefficiently, consequently the vaccine may be less effective in such conditions.



### TRY TO LIMIT AGGRESSIVE SUBSTANCES

in the child's environment. It is best to avoid large collections of cuddly toys, carpets, draperies and old sofas – which are all favourite living spots for dust mites. And remember, cigarette smoke is not only harmful to the lungs, but to your children's skin as well!



### TELLING YOUR CHILD NOT TO SCRATCH IS OFTEN FUTILE,

because it is an irrepressible urge. On the other hand, moisturise the skin as much as possible to reduce itching.

### BE CAREFUL WITH PACIFIERS!

They accumulate the child's slightly acidic saliva and can therefore cause eczema around the mouth.

Likewise, certain types of food such as tomatoes or kiwis can cause eczema around the lips, but this is not the case for all children.

### AT BATH TIME, AVOID AGGRESSIVE PRODUCTS

this is often the case for shower gels with appealing scents and colours. Ask your doctor which soap you should use, or if they recommend using oil in the bathwater to soften it.

### IN PRINCIPLE, THERE IS NO NEED TO ELIMINATE ANY FOOD, SPORT OR LEISURE ACTIVITY

from your child's life. You might deprive them of an activity they enjoy, when they already feel a bit marginalized because of the atopy. Likewise, don't deprive yourself of the pleasure of having a dog or a cat if your child isn't allergic to them, because that type of allergy is far from being systematic. One exception, and it's a considerable one: **AVOID PEANUTS AT ALL COSTS!** That includes cashew nuts, hazelnuts and walnuts. Atopic children are often allergic to these nuts and such allergies can have very serious reactions.

Fondation Mustela  
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Avec les professionnels de la santé, pour la petite enfance.

To discover the adventures of Lisa and atopic dermatitis, contact us or visit us at [www.fondationmustela.com](http://www.fondationmustela.com)