

# Eczema in Children

When it comes to children and eczema, it can make even the best-behaved kid cranky. Since kids are quite prone to rubbing and scratching at something that bothers them, healing from this disorder will likely take some time. This is a time when parents must be creative and try and keep the kid's hands busy with other activities that'll them from scratching at their skin. The more they scratch, the greater the risk of flare-ups.

If you have a child with eczema, prepare yourself for the sometimes well-intentioned (and sometimes not) inquiries from relatives, friends and strangers about what's wrong with little Johnny's skin. Or why he keeps scratching so much. This can add to the already inordinate amount of stress brought on by this condition such as sleepless nights for you and your child.

## Combat the Stigma In Child Sufferers



As kids get older, they'll have to face the inevitable social stigma attached to having such a visible disease. This is where support is so helpful. A good rapport with your pediatrician as well as support groups can provide an incredible lifeline to help you and your kid get through the stress of dealing with eczema.

Again, eczema comes with certain triggers that unfortunately are a part of everyday life. This can have a profound effect on a child's social status. For example, sweat can activate a flare-up. In fact, it's recommended that people with the disease avoid strenuous activity at all cost, especially when the eczema has flared up.

Clearly, this doesn't leave your child with a whole lot of choices for physical activity. For a child at school, this often means missing out on gym class or sports like basketball or tennis, which require a lot of running and physical exertion.

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## Watch What They Eat

Often a certain food might cause a reaction, so it's important to carefully monitor what foods your kids eat and see what happens. The first instinct is to try an exclusion diet, which calls for eliminating foods and slowly adding them back in to see what's causing the problem. The drawback to this is that's it's best to cut out each suspected food for up to four weeks before you can determine if it's really the culprit.

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**While a lot of people point to dairy as the problem, the truth is you have to become a label reader with all your food.**

**For example, milk protein can be whey protein or casein protein and you might find them in certain cereals or nutrition bars. Another example: Most processed foods can also be dangerous as soya protein is usually found in those types of products, such as sausage skins.**

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