

# My Eczema Support Needs

Eczema is often misunderstood as “just a little bit of itchy skin” but it is a complex inflammatory condition which can have a big impact on a child’s quality of life and ability to learn. There are often many triggers for eczema in the school/nursery environment and medication may be required during the day to support the child’s treatment plan.

**Child’s name:**

**Parent/  
carer’s name:**

**Date:**

## About my child’s eczema...

**Symptoms of my child’s eczema:**

**Signs of my child’s eczema getting worse/flaring:**

**My child’s eczema treatment at home:**

## My child’s day-to-day needs in school/nursery:

It would be very helpful if my child could have the following medication at school/nursery:

Medication:	How often:	Help required (yes*/no)
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~~~~~	~~~~~	~~~~~
~~~~~	~~~~~	~~~~~
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~~~~~	~~~~~	~~~~~

\* To discuss with school/nursery: who can help and where will the help be given?



# Things that trigger my child's eczema at school/nursery and suggested solutions

Triggers are things that make eczema much worse. My child's triggers at school/nursery are:

**Triggers:**

**Solutions:**

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**Specific advice for school/nursery:**

**Additional information:**

**Eczema Outreach Support is a charity that helps families across the UK deal with childhood eczema and its impact on life.**

