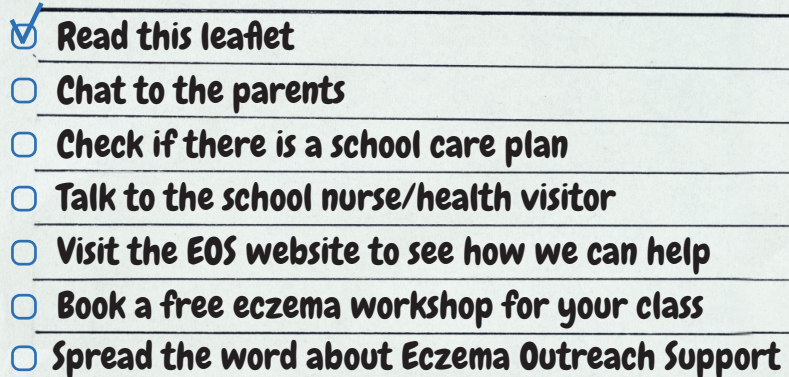


# Calling all teachers!

What can you do to support a child with eczema?

- 
- Read this leaflet
  - Chat to the parents
  - Check if there is a school care plan
  - Talk to the school nurse/health visitor
  - Visit the EOS website to see how we can help
  - Book a free eczema workshop for your class
  - Spread the word about Eczema Outreach Support

Check our website for upcoming **eczema training** opportunities for school staff

[www.eos.org.uk](http://www.eos.org.uk)



@eczemaoutreachsupport



@eczemaoutreach



# Learning is hard for a child with Eczema

Find out how you can help

Watch our short video to hear from children about why learning can be difficult



**“When I don’t sleep well, I find it really hard to concentrate on my school work”**



# The impact of eczema in education and how you can help

Eczema is a skin condition that affects 1 in 5 children in the UK. Every classroom is likely to have at least one child with eczema. It is often hidden, misunderstood and can vary in severity. Eczema is not contagious.

Eczema can feel dry, sore and very itchy. There is no cure and finding the right treatment can take lots of trial and error. A child with eczema can feel isolated amongst their peers.

## In the classroom...

- 1 Tiredness due to poor sleep can affect concentration. **Allow adjustments** to the school day if a child is particularly sleep-deprived.
- 2 Absences may occur due to hospital appointments, pain and discomfort, sleepless nights, illness due to immunosuppressant medicine. **Show understanding** when a child is absent and, if possible, update them on what they missed.
- 3 A child with eczema can be impacted by negative comments or bullying. **Request a free eczema workshop** for your class and take a look at the wellbeing resources on our website.
- 4 Discomfort from symptoms can distract from learning. **Be mindful of triggers** and make adjustments where possible e.g sitting on a mat/cushion. This is particularly important when eczema is flared up.

