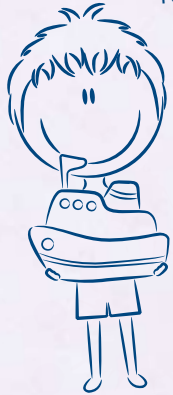


Rub it in! Skin Care Chart

Bathing and moisturizing are one of the most important steps toward improving your child's eczema.



You can start to see great improvement of eczema after just two weeks of sticking to a skin care routine. Use these charts to keep track of your child's skin care, and you should see great results! Use stickers or a check mark to track progress.



WEEK 1	BATHING & MOISTURIZING CHART						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bath or shower using a gentle cleanser							
A.M. Moisturizer							
P.M. Moisturizer							

www.eczema-help.ca

Rub it in! Skin Care Chart

WEEK 2	BATHING & MOISTURIZING CHART						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bath or shower using a gentle cleanser							
A.M. Moisturizer							
P.M. Moisturizer							

To motivate your child, trade the completed chart for a reward – a movie, a special activity, or anything your child would find motivating.



Remember: always apply a moisturizer immediately after bathing or showering.

www.eczema-help.ca

How to Bathe & Moisturize

What to do:

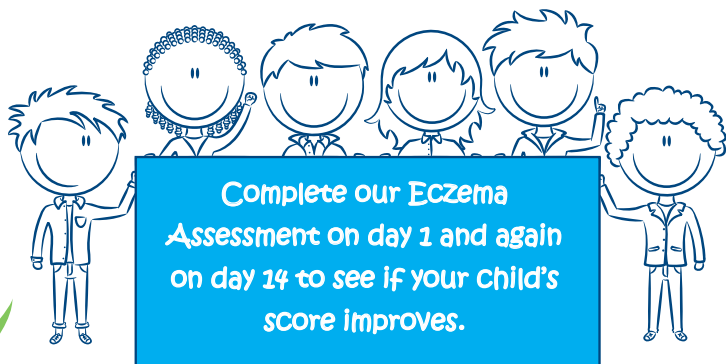
- bath or shower your child in warm water (avoid hot water) for 5-10 minutes
- gently pat the excess moisture from the skin with a clean towel, leaving some water on the skin
- apply moisturizer to the entire body within 3 minutes of exiting the water
- apply a generous amount of moisturizer to the skin, which should have a sheen and be slightly tacky
- apply your moisturizer with gentle strokes with the direction of the hair growth
- apply moisturizer at least one more time during the day

How do I select a moisturizer and gentle cleanser?

Look for our Seal of Acceptance on products that we have reviewed and identify as suitable choices for people with eczema.



If you are using prescription products, apply at times directed by your doctor. Then apply moisturizer at least 30 minutes after application.



What you will need:

- **bathtub or shower, soft clean towel, timer (soak for no more than 10 minutes)**
- **a gentle cleanser and moisturizer**



How to Use this Chart

1. **Bathe or shower your child at least once daily. After a warm bath or shower, apply a moisturizer to the skin right away, after gently towelling off the excess water.**
2. **Apply moisturizer to the skin twice daily. Moisturizing after the bath counts as one application. If your doctor has given you prescription products, remember to apply them at least 30 minutes before or after the moisturizer.**
3. **Check it off on the charts! This will make you both aware of skin care habits, and will remind you and your child to use your moisturizer at least twice each day.**

This information should not be considered an exclusive treatment course. Speak to your doctor about the use of this card, and about your specific eczema treatment regimen.

We thank dermatology nurse Michelle Lee for her contributions to this educational tool.



www.eczemahelp.ca

Aveeno
ACTIVE NATURALS®

This *Rub it In! - Skin Care Chart* was produced by the Eczema Society of Canada through an unrestricted educational grant from Aveeno® Eczema Care.