

[Help kids understand eczema with Aveeno's book](#)

Eczema and dry skin is unfortunately rather a common complaint. It is a very irritating, itchy dry skin condition which can be very difficult for children to understand. Children often don't sleep well or enjoy bath time and struggle to see why they have to apply creams and lotions every day. This makes things hard for everyone, children and parents.

[Aveeno](#) have just released a lovely story book for children, to help them understand and come to

terms with this dif



Help kids
understand eczema

The dry adventures of Ellie and Eddie....bye bye dry skin by Penelope Harper

It is a lovely bright colourful book with beautiful illustrations which capture a child's attention.

It is a story of Ellie, a little girl who has eczema and her pet Gecko who also has dry skin. The two love to play together and find new adventures, while managing their dry skin. It features scenarios that can commonly trigger or irritate their skin condition, allowing children to relate to Ellie and

Eddie. It also features their bath and bedtime creaming routine. I believe this book provides a great opportunity to talk to a child about the reason for applying creams everyday and avoiding certain situations.

My children loved this book. The really engaged with the story and thought Eddie was very funny, especially with his jumper on. It gave us the opportunity to talk about dry skin, how itchy it can be and the need for creams. I am very lucky my children don't suffer from eczema, but their daddy does, so it gave us the opportunity to discuss why daddy puts cream on and take a look at how daddy's skin is different from theirs.

My kids enjoyed the book so much, they both asked for it for their bedtime story.

Aveeno

We were very lucky to receive some samples of Aveeno creams and lotions. I put some on my children, so they could feel what it's like. They said it made their skin feel very smooth and nice.

Daddy has been using the Aveeno cream on his eczema and likes it. He says it really calmed his skin down, which helped reduce the irritation. It is easy to apply and non-greasy. He will definitely be continuing with this cream.

There are other products from Aveeno too, the lotion and the bath and shower oil. All are very moisturising to the skin, soothing, easily absorbed and doesn't cause irritation.



Disclosure: We were sent a sample of the book and creams/lotions to try as part of the review, however all opinions are my own