



School Summer Checklist

for kids with eczema

In the school bag

- ☐ Brimmed hat
- ☐ Emollient
- ☐ SPF 50+
- ☐ Water bottle

Daily essentials

Apply before school:

- ☐ Emollient
Wait 20 mins
- ☐ Sunscreen
- ☐ Cotton clothes

Discuss with teacher

- ☐ Know your child's triggers - heat, grass, stress
- ☐ Ensure access to shade or indoor areas
- ☐ When emollient/sunscreen needs reapplying, who will reapply/where, discuss with child

