ECZEMA MANAGEMENT POLICY

Eczema (also known as Atopic Dermatitis or Atopic Eczema) is a chronic inflammatory skin condition causing dry and itchy skin which can affect children and adults. It affects approximately 30% of children and usually starts in the child's first twelve months of life. For most children, eczema tends to resolve itself by age five (Royal Melbourne Children's Hospital, 2019).

NATIONAL QUALITY STANDARD (NQS)

QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY		
2.1.1	Wellbeing and comfort	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation.
2.1.2	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented.
2.2	Safety	Each child is protected.
2.2.1	Supervision	At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard.
2.2.2	Incident and emergency management	Plans to effectively manage incidents and emergencies are developed in consultation with relevant authorities, practiced and implemented.

EDUCATION AND CARE SERVICES NATIONAL LAW AND NATIONAL REGULATIONS	
S. 2A	Paramount consideration—safety, rights and best interests of children
S. 3A	Paramount consideration
S.167	Offence relating to protection of children from harm and hazards
S.174	Offence to fail to notify certain information to Regulatory Authority
90	Medical conditions policy
91	Medical conditions policy to be provided to parents
92	Medication record
93	Administration of medication
94	Exception to authorisation requirement—anaphylaxis or asthma emergency
95	Procedure for administration of medication

136	First aid qualifications
162	Health information to be kept in enrolment record
168	Education and care service must have policies and procedures
170	Policies and procedures to be followed

RELATED POLICIES

Administration of First Aid Policy Administration of Medication Policy Hand Washing Policy	Incident, Injury, Trauma and Illness Policy Medical Conditions Policy Supervision Policy

PURPOSE

We aim to create and maintain a safe and healthy environment for all children enrolled at the Service where all children can participate in as many experiences as their medical condition will safely allow.

Our Service is committed to ensuring that children's safety, rights and best interests are the paramount consideration in all decisions, actions and practices. We ensure that staff members, including relief staff, have adequate knowledge of the preventative treatment and management of flare ups required for children with eczema and adhere to their duty of care to provide a safe environment for children and provide adequate supervision at all times.

SCOPE

This policy applies to children, families, educators, staff, management, approved provider, nominated supervisor, students, volunteers and visitors of the Service.

merged into Purpose statement

BACKGROUND

Eczema affects the skin, causing redness, itching and sometimes infections. When eczema worsens, this is called an eczema flare. Usually there is no single trigger for an eczema flare.

Eczema occurs when the skin does not retain moisture very well, which causes it to dry out easily. This

makes the skin more susceptible to allergens and irritants. These can trigger the skin to release chemicals that
make the skin itchy. Scratching itchy skin causes more chemicals to be released, making the skin feel itchier. This cycle can cause discomfort, disrupt sleep and affect quality of life. Studies show that infants with eczema and a family history of allergy are more likely to develop food allergy. Managing eczema well in infants may reduce the chance of children developing a food allergy (ASCIA, 2023).

Common eczema triggers include:

- being overheated
- dry skin
- environmental irritants such as pet fur, pollen, grasses or dust mites
- physical irritants (things contacting the skin), such as prickly fabrics, dirt/sand caught in socks, soap, bubble baths, and antiseptic washes
- saliva and foods coming into contact with skin, which can cause flares around the mouth, neck and upper chest
- viruses and other common infections (Children's Health Queensland, 2023).

Managing eczema involves:

- regularly applying creams or ointments throughout the day, as allowing the skin to dry out can cause 'flare ups' and infections
- avoiding triggers and irritants
- preventing and treating infections (ASCIA, 2023).

IMPLEMENTATION

We will involve all educators, families, and children in regular discussions about medical conditions and general health and wellbeing throughout our curriculum. The Service will adhere to privacy and confidentiality procedures when dealing with individual health needs.

THE APPROVED PROVIDER AND NOMINATED SUPERVISOR WILL ENSURE:

- all actions prioritise children's safety, wellbeing and best interests as the paramount consideration
- upon employment, all staff will read and understand all medical condition policies and procedures, including the *Eczema Management Policy*

- families are provided with information about *Eczema Management Policy* and *Administration of Medication Policy* at time of enrolment
- they identify children with eczema during enrolment or on initial diagnosis, and inform staff
- families provide a medical management plan, detailing the treatment for their child (i.e., the name and quantity of the cream to be applied and the frequency of application) prior to enrolment of their child or as soon as they are aware of the diagnosis. An ASCIA Action Plan for Eczema may also be provided.
- a communication plan and risk management plan are developed in consultation with parents/guardians and service management
- communication between management, educators, staff and parents/guardians regarding the *Eczema Management Policy* and strategies are reviewed and discussed regularly to ensure compliance and best practice reflecting latest research
- families of all children with eczema provide creams and soap substitutes for use whilst their child is attending the Service
- all staff are informed of the individual child's eczema treatment and only use topical ointments and moisturisers provided by the family
- all staff adhere to high levels of hygiene when applying creams or ointments to children with eczema (see *Administration of Medication Policy and Handwashing Policy*)
- all staff maintain an *Administration of Medication Record* of when they apply creams or other treatments to a child with eczema
- Eczema treatment procedures are consistent with current national recommendations
- all staff can identify and minimise eczema triggers for children attending the Service where possible
- children with eczema are not discriminated against in any way
- children with eczema can participate in all activities safely and to their full potential

EDUCATORS WILL ENSURE:

- they are aware of and understand the Service's *Eczema Management Policy* and treatments required for each child with eczema
- they can identify and, where possible, minimise eczema triggers as outlined in the child's medical management plan (ASCIA Action Plan for Eczema)
- they take children's eczema treatments on excursions or other offsite events, including emergency evacuations and drills

- to apply prescribed eczema creams or treatments in accordance with the child's medical management plan (or ASCIA Action Plan for Eczema) and the Service's *Administration of Medication Policy* and complete the *Administration of Medication Form*
- to adhere to the highest levels of hygiene when applying creams or ointments. For example, washing hands thoroughly prior to putting gloves on; not using fingers to scoop out creams, but using single-use spatulas (if the cream is not in a pump-action bottle; washing hands after taking gloves off)
- a communication plan is developed in collaboration with parents/guardians of children with eczema in relation to the health and safety of their child, and the supervised management of the child's eczema
- to communicate any concerns to parents/guardians if a child's eczema is limiting his/her ability to participate fully in all activities
- children with eczema are not discriminated against in any way
- that children with eczema can participate in all activities (or alternatives) safely and to their full potential
- if a child with eczema needs a bath or shower (for example, due to a toileting accident, the following precautions will be taken:
    - bath or shower water will be tepid – no more than 30° C
    - the child will remain under/in the water for as little time as required
    - soap and shampoo substitutes (if required) will be used: regular soap will not be used
    - skin will be gently patted, not rubbed, with a clean towel (that has been laundered with a fragrance-free washing powder).
    - creams provided by the family will be immediately applied
    - topical ointments (if provided) will be applied **before** applying the moisturising cream
- any eczema flare ups are treated according to the child's medical management plan and documented, advising parents/guardians as soon as practicable.

FAMILIES WILL:

- read and adhere to the Service's *Eczema Management Policy*
- inform staff, either on the enrolment form or on initial diagnosis, that their child has eczema
- provide a copy of their child's medical management plan or ASCIA Action Plan for Eczema ensuring it has been prepared in consultation with, and signed by, a medical practitioner
- have the medical management plan (ASCIA Action Plan for Eczema) reviewed and amended as required

- collaborate with management and educators to develop a communication plan and risk minimisation plan for their child and communicate regularly with educators/staff about their child's health and wellbeing, and the management of their eczema
- provide an adequate supply of eczema creams, topical ointments (as required) and soap substitutes for their child at all times
- ensure all creams and soap substitutes show the expiry date and be clearly labelled with the child's name. If any creams are prescribed by a medical practitioner, it must be in the original container/tube, bearing the original label and instructions with the name of the child clearly displayed and before the expiry date.
- provide adequate and appropriate spare clothing for their child each day that will not cause a flare up or discomfort (e.g., no woollen fabrics)
- notify staff in writing, of any changes to the information on the medical management plan (ASCIA Action Plan for Eczema), enrolment form, or medication record
- encourage their child to learn about their eczema, and to communicate with Service staff if they are experiencing discomfort or a flare up.

ONLINE RESOURCES

Australian Society of Clinical Immunology and Allergy. ASCIA

National Eczema Society Eczema and school

The Royal Children's Hospital Melbourne *Knowing your child's eczema*

CONTINUOUS IMPROVEMENT/REFLECTION

The *Eczema Management Policy* will be evaluated and reviewed on an annual basis or earlier if there are changes to legislation, ACECQA guidance or any incident related to our policy. Feedback will be requested from children, families, staff, educators and management, and notification of any change to policies will be made to families within 14 days.

SOURCES

Australian Children's Education & Care Quality Authority. (2026). *Guide to the National Quality Framework*
Australasian Society of Clinical Immunology and Allergy (ASCIA. (2023). *Eczema (Atopic Dermatitis) Fast Facts*
Children (Education and Care Services) National Law (NSW)
Education and Care Services National Law Act 2010
Education and Care Services National Regulations 2011
Education and Care Services National Regulations (NSW) (2025) (For NSW services only)
The Royal Children's Hospital Melbourne. Eczema management
The Skin Hospital retrieved from: https://skinhospital.edu.au/eczema/

The Sydney Children's Hospitals Network.(2026) Fact sheet- eczema
Western Australian Legislation Education and Care Services National Law (WA) Act 2012 (WA Services only)
Western Australia Legislation Education and Care Services National Regulations 2012 (WA Services only)

REVIEW

POLICY REVIEWED BY	[NAME] Amy Flockhart	[POSITION] office admin	[DATE] 19/06/2026
POLICY REVIEWED	MAY 2026	NEXT REVIEW DATE	MAY 2027
VERSION NUMBER	V7.05.26		
MODIFICATIONS	• annual policy review • added paramount consideration for child safety • updated background information about eczema • small edits within policy to improve inclusivity and professionalism • sources updated as required		
PREVIOUS MODIFICATIONS			
FEBRUARY 2025	• annual policy maintenance • sources checked and updated as required		