

SOMETIMES I AM ITCHY



Written by **Shula Klinger**
Illustrated by **Danielle Parmar**



For all children learning to cope with eczema.
We hope this book helps you start good routines,
to help ease your itches and end your scratches.

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Inquiries about this book should be addressed to:

Eczema Society of Canada
411 The Queensway South, PO Box 25009
Keswick, Ontario L4P 4C2
1-855-ECZEMA-1

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Sometimes I feel happy
Sometimes I feel sad





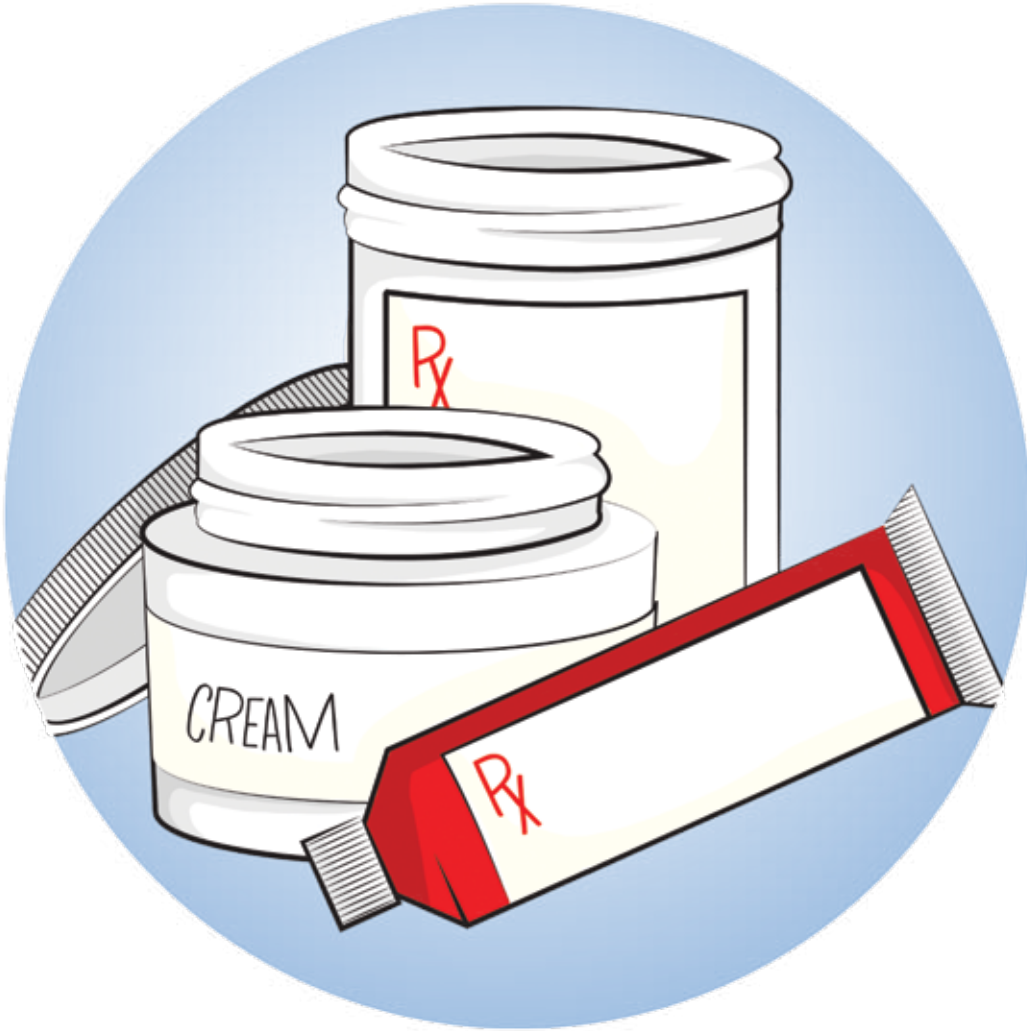




My elbows are so red
It really hurts to touch



Time to use the special cream
Enough but not too much.



8

If the rash is scaly
We put on medicine too



We moisturize it daily
And my skin says phew!

9



It only takes five minutes
I've timed it on the clock



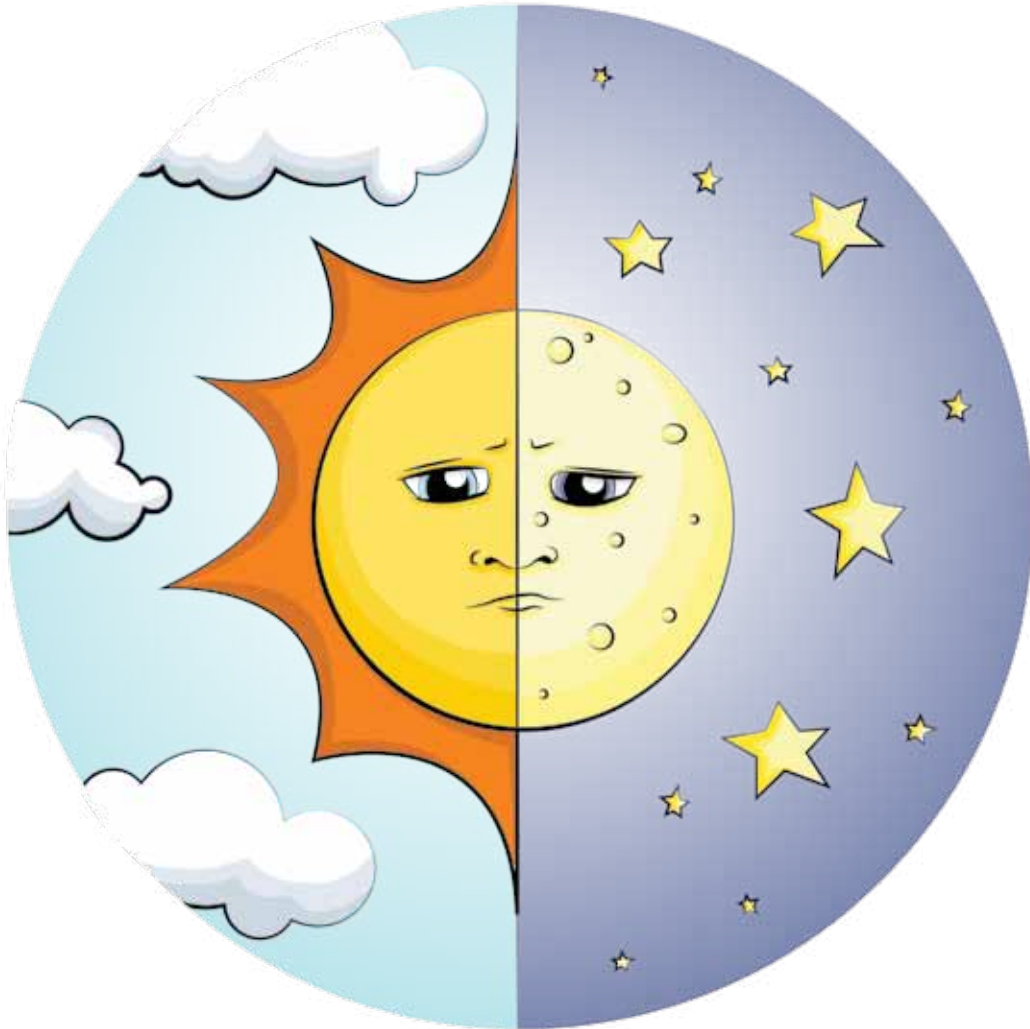
And when we're done
I'm up and dressed
and playing down the block.



When my fingers want to scratch
I get into a tizzy



So Mom has lots of clever ways
to keep these fingers busy!



Scratch all day?
Scratch all night?



Don't forget your creams!
Put them all on as you should —
You're guaranteed sweet dreams.

Eczema Society of Canada would like to express our sincerest gratitude to author **Shula Klinger** and illustrator **Danielle Parmar** for their generous contributions of time and great talents.

Eczema is close to their hearts, and this project could not have come to life without them.

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Shula Klinger is an author, illustrator and journalist who lives in North Vancouver, BC (Canada) with her husband and two sons. Her publications include a young adult novel, illustrations for another novel and numerous nonfiction articles. Her poetry, essays, and documentaries have been aired on CBC national radio. Her youngest son has lived with eczema since infancy, which inspired the writing of this book.

Danielle Parmar is an illustrator, graphic, and industrial designer. She lives in Ottawa, ON (Canada) and runs the design firm **nineSixteen Creative Inc.**, with her husband Ilesh Parmar and cat Ferdinand. She does work for many renowned museums, corporations, agencies and institutions in the Ottawa area and enjoys drawing, painting, knitting, and most things creative in her free time. Danielle has had severe eczema since birth and lives with it still as an adult. Coping with this life-long ailment and drawing on her earliest memories as a young child living with eczema inspired her illustrations throughout this book.

Eczema Society of Canada is a registered Canadian charity dedicated to eczema education, raising awareness, providing support, and research. For more information on eczema management, or to find support, visit **eczemahelp.ca**

To order more books or make an inquiry please contact:

Amanda Cresswell-Melville
Executive Director

Eczema Society of Canada
411 The Queensway South,
PO Box 25009, Keswick, ON, L4P 4C2

director@eczemahelp.ca
1-855-ECZEMA-1

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