

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.



Name: _____

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.eczemahelp.ca

Rub it in! Skin Care Chart

Name: _____

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.

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