



# Understanding Childhood Eczema (Understanding Illness & Health)

*Penny Titman*

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As many parents know, eczema amongst children can be a difficult, painful and frustrating condition to cope with for the parent and the child.

It frequently causes irritable behaviour in the child and sleep disruption. This can result in parenting difficulties, and may even place the child at increased risk of behavioural and emotional problems.

In addition to covering the medical aspects of the condition, Understanding Childhood Eczema focuses on the psychological consequences and how they can be managed, as well as psychological factors in treatment.

Revealing the advantages and drawbacks of conventional therapies, this easy-to-follow guide explains all aspects of childhood eczema in an accessible manner to help you and your child cope with this distressing condition.

Penny Titman is an experienced clinical child psychologist who has extensive experience in working with children and families with chronic health problems. She has completed a PhD on the psychological impact of skin conditions on children and their families which included a study of childhood eczema on the family.

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