

Letter to Nursing Mothers: Eczema Prevention Measures

Date: _____

Dear [Mother's Name],

We hope this letter finds you and your little one in good health. As a nursing mother, it is essential to be aware of eczema prevention measures to ensure the well-being of your baby. Eczema is a common condition in infants, and we would like to share some vital steps you can take to minimize its risk.

Eczema Prevention Measures:

- **Maintain Moisture:** Regularly apply hypoallergenic moisturizers to your baby's skin after bathing.
- **Avoid Irritants:** Identify and avoid common irritants such as certain fabrics, soaps, and lotions.
- **Keep the Skin Cool:** Dress your baby in breathable fabrics, and maintain a comfortable room temperature.
- **Practice Good Hygiene:** Regularly wash your baby's clothes and bedding with mild, fragrance-free detergents.
- **Monitor Diet:** Pay attention to any food allergies that may contribute to eczema flare-ups.

By adhering to these guidelines, you can help protect your baby's delicate skin. If you have any concerns or notice signs of eczema, please do not hesitate to contact your pediatrician.

Thank you for your attention to this important matter. We wish you and your baby all the best!

Sincerely,

[Your Name]

[Your Title]

[Your Organization]