

PDF Modules Masterlist



Click the module name to go to the PDF version of each presentation .

Please click the ['Module Completion Check'](#) on the Congratulations page of each module to confirm your completion of the module!

Intro:

[Welcome to Your Eczema Wellness Journey!](#)

Module 1:

[1a: Understanding Your Skin-Mind Connection](#)

- For adults with eczema

[1b: Your Child's Skin & Feelings - The Connection](#)

- For children with eczema and their caregivers

Module 2:

[Breaking the Itch-Scratch Cycle](#)

Module 3:

[3a: Building Your Self-Management Skills](#)

- For adults with eczema

[3b: Managing Your Child's Eczema With Confidence](#)

- For children with eczema and their caregivers

Module 4:

[Building a Support Network](#)

Module 5:

[Holistic Skin Care & Wellness](#)