

Day 1, 1/5/10

Chris is six months old. He has had dry skin since birth. Our paediatrician recommended only washing him in water (no soap, or cleanser) once a week. Great idea in theory, but we couldn't bear the smell after one day. Chris has also had quite severe eczema, worsening over the past few months. His GP suggested using the gentlest cortisone cream. We did try that when his eczema flared, however this is not a long-term viable solution for us. Whilst cortisone cream does have its place, I would much prefer to manage things as naturally as possible. I've been using goat's milk soap (which I was initially very skeptical about) and an oatmeal based moisturiser five times per day (only good if your child does not have any oat/wheat allergies!). These measures have helped, however his eczema is still a problem (although a lot less severe).



Day 2, 2/5/10

Chris's eczema is exactly the same. We are just managing to keep it at mild to moderate with the goat soap and oatmeal based moisturiser.

We only have him in cotton or organic cotton clothes- nothing synthetic, yet still his eczema is problematic.

Day 3, 3/5/10

Chris's eczema is a little worse today- perhaps because of the heat. It is particularly bad on his neck, armpits and elbow creases. He also has it on his face, poor little thing. Thankfully he doesn't seem too distressed but it must be uncomfortable. I can't wait until the bamboo trial starts, as everything else I'm doing is not enough.



Day 4, 4/5/10

Chris had a terrible night overnight, waking up screaming for several hours. This is most unusual! Whether it's a developmental thing, or him being uncomfortable, it is very distressing.

Thankfully this morning it's pouring with rain outside, and a little cooler. That means that's Chris's eczema is not so bad today. If bamboo really does keep little ones cooler than cotton then it's going to be great.

Day 5, 5/5/10

Chris's eczema is back to usual. Thankfully he doesn't seem too bothered by it. We have wooden floors at home throughout the entire house, an organic cotton cot mattress for him (which is gorgeous), and natural eucalyptus sheets. Don't know that I can do much more. Am holding out for the bamboo!

**Day 6, 6/5/10**

Chris's eczema is still playing up. It is worse in all his creases- his arms, armpits, groin and the back of his knees. He is still very unsettled at night.

**Day 7, 7/5/10**

Travelling by plane today. Chris's eczema is not so severe today, as it is cooler. His trunk is not as red, but his elbow creases are still a problem.

Day 8 & Day 9 (Sat and Sunday) 8/5/10 and 9/5/10

It's Mother's day! Like all Mums, I hope for Chris to grow up happy, healthy and strong. My one wish for this mother's day is for his eczema to settle down, as it is still very active despite the cooler weather.

Day 10, 10/5/10

Chris woke again at 2am, but thankfully put himself back to sleep after 20mins. We've done everything we can to make him comfortable, but Chris's trunk is still the same- red, blotchy and itchy. His elbow creases are still very red.





Day 11, 11/5/10

Cried inconsolably for hours last night. Chris was probably a bit cold then wouldn't settle. As he is such a hot baby, we often don't have him in many clothes but if it turns cold overnight then the cotton he is wearing isn't enough to keep him warm.

Day 12, 12/5/10

We had Chris in a merino sleeping bag last night, which provided better insulation so that he slept through (hooray!). His eczema is much the same- fine rash on his trunk and back, and a red, inflamed area at his neck and armpits.

Day 13, 13/5/10

Chris slept through the night again. I am so excited! His eczema is still the same though. He is starting to scream when he is moisturised (4x per day), but I have to continue as his skin needs it.

Day 14, 14/5/10

Chris' eczema looks slightly better this morning. I saw him scratching his leg on a patch of eczema today. Must be itchy and uncomfortable, poor thing.

Chris' eczema on his face is all around his eyes. People keep asking me if he has been crying..... (which he hasn't, he is a pretty happy contented little bub most of the time!)

BAMBOO TRIAL STARTS

Day 15, 15/5/10- Day 1 of Bamboo

When I go to dress Chris this morning, I am absolutely thrilled at how soft the bamboo is on his skin. It is gorgeous, and looks so comfy!

Day 16, 16/5/10- Day 2

My husband comments how good Chris' skin is looking. It's just dry, not red and inflamed. Chris still has eczema on his face, which means that his eczema is still problematic, but not so bad where the bamboo is in contact with the rest of his body.





Day 17, 17/5/10- Day 3

Chris had on the gorgeous bamboo PJs. He looked so cute! Like a little samurai. But more importantly, his skin is still looking and feeling good!

Day 18, 18/5/10- Day 4

Chris is sleeping through still, and his skin is dry but not too bad. It's probably the best I've ever seen it.



Day 19, 19/5/10- Day 5

Chris woke at 2am screaming, with some redness on his legs. At about 9am today, he developed a sudden, red blotchy rash. He is clingy, off his milk and food, and itchy. The rash is getting worse fast. I take him to the Maternal Child and Health centre, who tell me to go to Emergency. I take him to our GP, who says he's had an allergic reaction but it would be almost impossible to work out what to. He recommends steroid cream, which I agree with given his rash is so bad. His rash gets a bit better, then worse. His GP says to keep him as cool as possible. I'm so glad for the bamboo clothes because

they at least don't irritate his skin and are keeping him as comfortable as possible.

Day 20, 20/5/10- Day 6

Poor Chris woke every 2 hours, with a big swollen face and blotchy skin. His hands, feet, arms and legs are red and swollen. He is miserable, and so am I. We talk to a Dermatologist, and decide to get his Paediatrician to see him. The steroid cream doesn't seem to be helping. His paediatrician sees Chris, and diagnoses him with post viral urticaria (an allergic reaction after a virus). I am grateful it's not more serious, although the poor little thing is so uncomfortable. I am so thankful for the bamboo clothes as at least these don't seem to irritate him and they help regulate his temperature.

**Day 21, 21/5/10- Day 7**

Thankfully his allergic rash is much better today, although it is still there. Poor Chris is still very clingy and miserable, which is unusual for him.

Day 22, 22/5/10- Day 8

We fly to Melbourne for Chris' Grandma's birthday. He manages very well, all things considered. His rash is almost all gone.

Day 23, 23/5/10- Day 9

I am so glad I have Chris in the double thickness Babyjo pyjamas, as they keep him toasty warm without irritating his skin! Melbourne is freezing. If I lived in Melbourne I would have at least 5 sets of these PJs- they are so good.





Day 24, 24/5/10- Day 10

Chris' skin looks fantastic, almost the best it's ever been. Must be the cold weather. And the bamboo keeping him warm but not sweaty.

Day 25, 25/5/10- Day 11

Chris' skin looks great. Hardly any patches of eczema. I hope it stays like this!
The scratch marks from his allergic rash are healing well.



Day 26, 26/5/10- Day 12

We go back home, where it's a lot warmer than Melbourne (it's about 15- 20 degrees). I catch Chris scratching normal looking skin. I don't think he's itchy, he just likes to scratch. He scratches the couch, scratches me, scratches anything he can get his hands on. I've started putting mittens on him again when he sleeps so that he can't scratch himself.

Day 27, 27/5/10- Day 13

Chris' eczema seems a little worse this evening. I wonder if it's because of all the change in his routine with recent travels. He is still sleeping through the night now mostly, thankfully!

**Day 28, 28/5/10- Day 14**

Chris's eczema is well controlled on his trunk and back. He still has a small flare in his elbow crease but it's not too bad. His eczema is definitely much better since he started wearing bamboo clothes and I am a huge fan.

Conclusion:

Chris' eczema has definitely been better since he started wearing exclusively bamboo clothes. The bamboo clothes have not healed his eczema, but have definitely prevented his eczema from being much worse than it otherwise would be. My husband and I are very happy with the bamboo clothes and I've been given the green light to dress him only in bamboo (i.e. go shopping!). As far as possible, I will never go back to ordinary clothes. The Babyjo clothes we trialled Chris in have been absolutely gorgeous- soft, silky and very stylish. We feel very privileged to have had Chris in these clothes for the trial.

