

The Dragon in my Skin





The Dragon In My Skin
Copyright © 2021 Fiona Cowdell

Written by Hazel Gould
Illustrated by Jay Nolan-Latchford

Developed as part of an Eczema Mindlines Knowledge Mobilisation study led by Fiona Cowdell, Professor of Nursing and Health Research, Birmingham City University and Associate, Centre of Evidence Based Dermatology, University of Nottingham. Nurses, other healthcare professionals, children and young people contributed to the development of this book.

This book is accompanied by a digital telling of the story including songs written during a project with Sinfonia Viva, led by Abimaro Gunnell and Hazel Gould, featuring children with eczema and their families in early 2021.

Key Stage 1 curriculum linked resource pack and further information about the project can be found at www.sinfoniaviva.co.uk
and www.bcu.ac.uk/the-dragon-in-my-skin

The Dragon
In My Skin

I have a dragon who lives in my skin

It is my dragon
and only
mine

I don't
like this dragon!



It won't hurt anyone
else but sometimes
it hurts me!

I will fight *this*
dragon!

Today my dragon is sleeping
It is quiet and
calm



YOU can't see it
but I know it's
there...

Now I can feel the dragon waking up
It is stretching and yawning



and making my skin tingle and twitch

It's spreading its wings



and growing
red and angry!

I don't like this dragon!

Now I am feeling worried
and scared



my dragon begins to **FLARE!**

Now my dragon is
FURIOUS and
WILD and breathing
FIRE!

The more
ANGRY it gets
the more I
SCRATCH



And the more I
SCRATCH
the more **ANGRY**
it becomes!

I will scratch all day
and all night until I
SLAY
this **DRAGON**



But...scratching and fighting
won't make this dragon
disappear



Maybe
I should
take care
of it instead...

For really angry days like today I have
some special cream -
it is cool and smooth



When I put it on
I can feel
my dragon
begin to rest

For quieter days I have some
every-day kind of cream



Like a refreshing
drink of water -
it keeps the
dragon cool

Me and my grown up are the World
experts on
my dragon



I know what
food to eat
and how to
wash myself
and what
clothes
to wear
to keep my
dragon happy

I have a dragon who lives in my skin

It is my dragon and
only mine.

When I'm grown up
my dragon might
fly away - but it might live
with me my whole life



It won't hurt anyone else and
if I care for this dragon it
won't hurt me

I will look after
this dragon.



The Dragon in my Skin was commissioned by Sinfonia Viva and Fiona Cowdell in 2020 as part of a knowledge mobilisation project to improve consultation experiences and self-management of childhood eczema by sharing five key, consistent, evidence-based messages:

1. Eczema is more than just dry skin
2. Eczema does not just go away
3. Moisturisers are for every day
4. Steroid creams are okay when you need them
5. You know your child's eczema best.

The National Eczema Society are pleased to support this educational resource

Fiona Cowdell is funded by a National Institute for Health Research (NIHR), Knowledge Mobilisation Research Fellowship. This publication presents independent research funded by the NIHR. The views expressed are those of the author and not necessarily those of the NHS, the NIHR or the Department of Health and Social Care.



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



Centre of Evidence Based
Dermatology, School of Medicine,
University of Nottingham

#DragonInMySkin

Sometimes it feels like there is a dragon
living in our skin that is breathing fire
and out of control.

When we fight it - it fights back!

This story asks, what happens if
we try to look after this dragon?
What happens if we make friends
with the dragon in our skin...?

