

## Acne and Pimples



Lots of children get pimples when they start puberty. This is because they start to sweat more.

Too much sweat and dirt on the skin can cause pimples. This is OK.

Your child might get pimples on their:

- face
- back
- chest
- bottom

Sometimes children can feel embarrassed about their pimples.

Sometimes pimples can be sore and uncomfortable.

This is why it is important to teach your child how to take care of their skin.

### What is on this page?

This page is about how you can teach your child to take care of their skin.

It has information about:

- how to keep skin healthy
- how to help your child to take care of their skin
- how to talk to your child about taking care of their skin



## How to keep skin healthy

Your child can keep their skin healthy by:



- washing their face twice a day with gentle face soap and warm water
- using a moisturiser with sunscreen in it
- not touching their pimples. Touching pimples can make them sore and can leave a scar
- wearing clothes that are made from light material like cotton so that they sweat less
- washing their body and hair regularly
- using a gentle soap free wash when washing their body



Doing these things will help your child to have less pimples.



If your child's pimples are very sore, it can be good to talk to a doctor.

The doctor can give medication or other things to help your child's pimples get better.

### How to talk to your child about taking care of their skin



You can try using questions like these to talk to your child about taking care of their skin.

- When I was growing up I used to get pimples on my face and body. You are growing up now and might get some pimples too.

**Would you like me to show you how you can take care of pimples?**



- **Have you seen how tall your older sibling has grown?**

**That is because he is growing and becoming an adult.**

**He also has some red spots on his face.**

**Do you know what they are called?**

- **I have noticed you have a couple of red bumps on your face.**

**These are pimples.**

**Have you heard of them before?**

**Do you know what you should do to take care of them?**

## Ways you can teach your child about taking care of their skin



- Use pictures to help your child remember how to wash their face.
  - Find some photos or pictures of people washing their face.
  - Print the pictures and show them to your child
  - Put the pictures on the bathroom mirror
- Use books to help your child learn to take care of their skin.
  - There is a list of books you can use at the bottom of the page.

- **Make a list of each step they need to do to clean their face.**



**This might be:**

→ **run the water**

→ **wet the wash cloth**

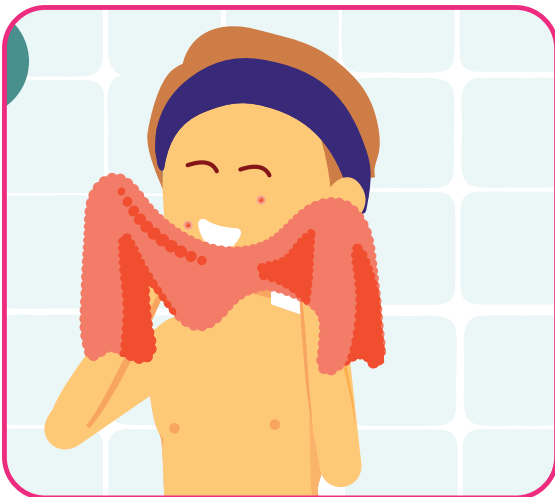
→ **wet your face with the wash cloth**

→ **put cleanser on your face**

→ **gently rub in the cleanser**

→ **wash off the cleanser with water**

→ **dry your face**





**Help your child do as many of the steps by themselves as possible.**

**Over time you can help your child to do more and more steps by themselves.**

- **Show your child how you wash your face. Maybe you can try washing your faces together.**



## Resources for you to use

### Cleaning your face social story

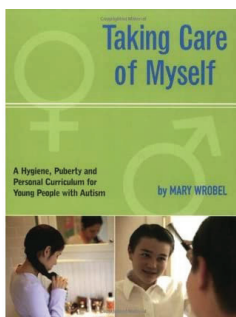
Planet Puberty



[www.planetpuberty.org.au/wp-content/uploads/2021/03/Acne\\_pimple-face-care-V2.pdf](http://www.planetpuberty.org.au/wp-content/uploads/2021/03/Acne_pimple-face-care-V2.pdf)  
[pdfwatch?v=M1MoCwdFEOc](https://pdfwatch?v=M1MoCwdFEOc)

### Taking Care of Myself

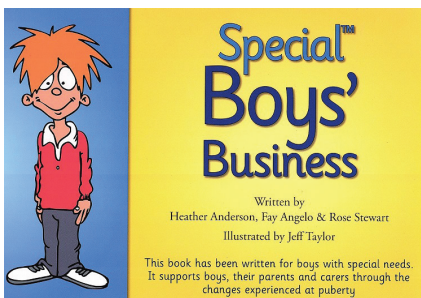
by Mary Wrobel

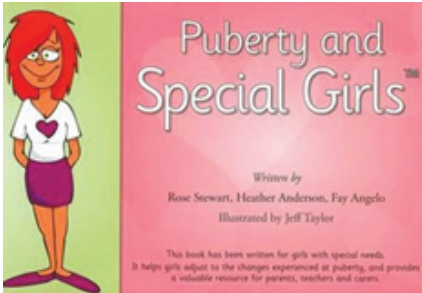


### Special Boys' Business

by Heather Anderson,

Fay Angelo and Rose Stewart





## Puberty and Special Girls

by Rose Stewart, Heather Anderson  
and Fay Angelo



## Youtube face washing video

by Penquis Autism  
Community Services

[www.youtube.com/  
watch?v=M1MoCwdFEOc](https://www.youtube.com/watch?v=M1MoCwdFEOc)



## What to read next

- [Keeping your body hygienic](#)
- [Body changes - normal](#)
- [Creating a positive self-image](#)

**For more information go to the  
Planet Puberty website**

[www.planetpuberty.org.au](http://www.planetpuberty.org.au)