



Johnson's

# Baby care basics: Skin Care

Your baby's skin plays an essential role in maintaining health, defending against irritants and infections, and regulating internal temperature. Keep reading to learn why baby skin is unique—and how you can help care for it.

## How is infant skin different from adult skin?

-  More vulnerable to irritants
-  Thinner and still developing
-  Loses water up to 2x faster
-  More susceptible to sunburn

## How can I keep my baby's skin healthy?

1. Avoid harsh detergents and soaps that can cause irritation.
2. Choose loose-fitting clothing, apply baby lotion, and control the temperature and humidity in your home to help maintain skin moisture levels.
3. Keep your baby out of direct sunlight.

 **Always** use products that match the mildly acidic pH of babies' unique skin.

## What is cradle cap?

Cradle cap is a form of eczema that is very common in infants. It usually begins during the first few weeks of life and slowly disappears by the time your baby is 12 months old. Cradle cap can be unsightly at times, but it's harmless.

## To remove cradle cap crusts:

1. Soften them first by massaging baby oil into the hair and scalp. Leave the oil on for a few minutes to help loosen the crusty patches.
2. Use a mild cleanser and a gentle circular motion to remove the flakes and oil from your baby's head. A fine-tooth comb or baby brush may also help.

 **Never** pick off patches of cradle cap with your fingernails.



Watch a video about babies' unique skin at [TinyURL.com/babybasics2](https://www.tinyurl.com/babybasics2).

## Rely on JOHNSON'S®—the #1 choice of moms and hospitals

- Advancing baby skin care for 125 years
- Free of phthalates, parabens, soap, and dyes
- A healthy bath time routine enhances multisensory stimulation to aid healthy development

