

# 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.



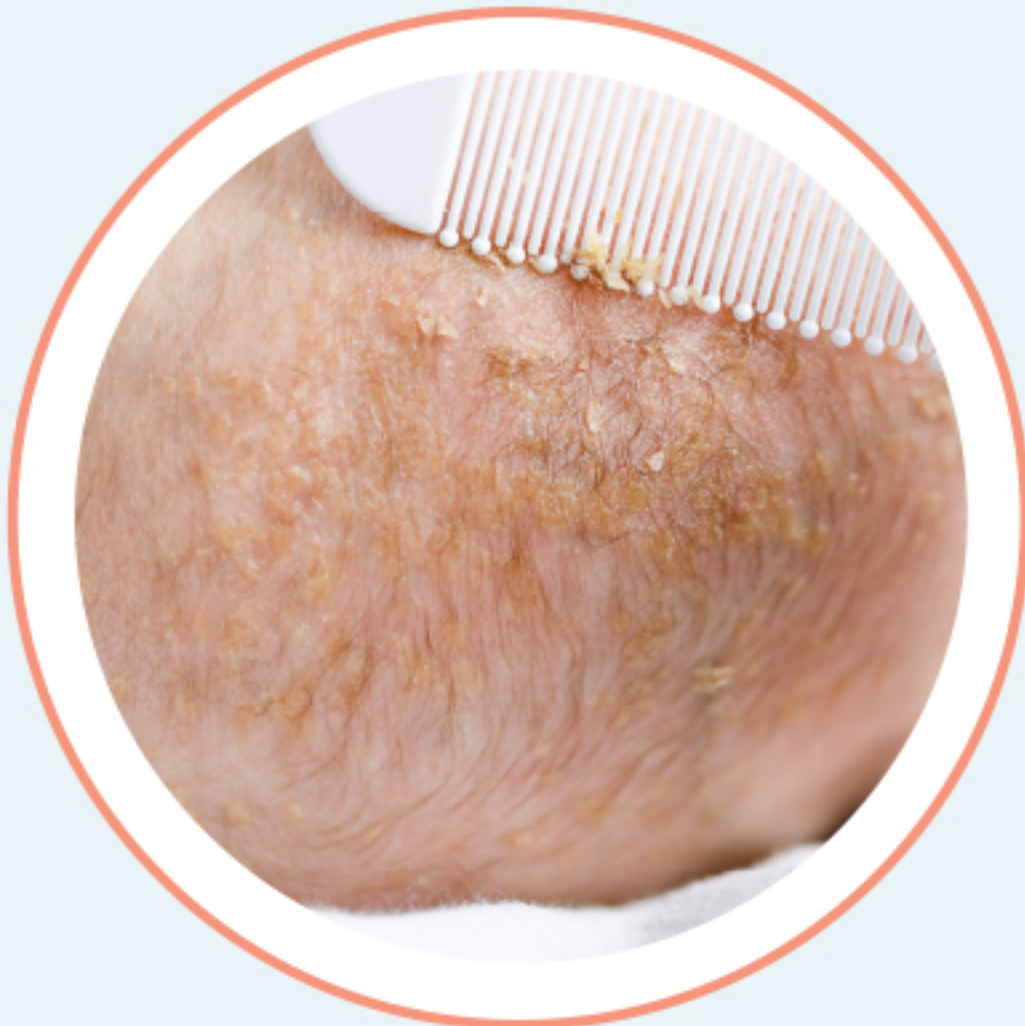
2. Choose loose-fitting clothing, apply baby lotion, and control the temperature and humidity in your home to help maintain skin moisture levels.



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 seborrheic dermatitis, which is a form of dermatitis, or skin inflammation. It is related to eczema, or atopic dermatitis, another form of dermatitis. However, seborrheic dermatitis is not as itchy or inflamed as atopic dermatitis

source: American Dermatological Association (ADA)

#### 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.

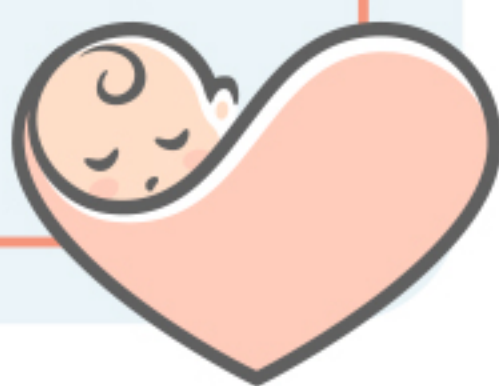


Never pick off patches of cradle cap with your fingernails.



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