

Baby Care Tips

GETTING RID OF BABY ACNE

- Baby Acne usually appears when baby is 2-4 weeks old and lasts about a month
- Keep the area clean, and dry.
- Don't pinch them
- Put breast milk on the area and let it dry (the antibiotic properties in breast milk are wonderful for the skin)
- Selsun Blue OR Nizoryl 1% anti-dandruff shampoo. Mix 1ml of the shampoo with 9ml of water and apply to the affected area with cotton
- Use a fragrance free detergent such as All or Tide Free and Clear

COMMON WAYS OF TREATING CRADLE CAP

- Massage coconut oil into the cradle cap areas.
Let it soak in for 30 minutes and then gently massage with a soft bristled baby hairbrush. You may have to repeat this process every week until it disappears
- Tea Tree Oil Shampoo
- Dawn Soap