



HOW TO PREVENT Heat Rashes In Your Child Naturally

Dress your child in fewer layers of clothing made of natural fabric like cotton.



Give them a cool bath without soap and pat dry the skin with an absorbent towel.



Keep your home and your child's room temperature cool.



Use over-the-counter prickly heat dusting powders, safe for your child's age.



Dry the sweat off your child's body after exercise or outdoor play.



Give your child plenty of water and fluids to drink.

