

# Ways To Manage

## Dry Scalp

# In Babies Naturally



### Human breast milk

Apply the milk directly to your baby's scalp, wait some time, and wash it off.

### Petroleum jelly

If your baby's scalp has scales, apply petroleum jelly, leave for a few hours, and loosen the scales with a gentle brush.



### Shea butter

Shea butter effectively reduces dryness and also has anti-inflammatory and antioxidant properties.

### Use a humidifier

Use a cool-mist humidifier to add moisture to the air and reduce scalp dryness.



#### References:

1. Cradle Cap Symptoms and Natural Treatments; American Pregnancy Association
2. Efficacy of topical application of human breast milk on atopic eczema healing among infants; National Institutes of Health
3. Cradle Cap (Seborrheic Dermatitis) in Infants; Nemours
4. Anti-Inflammatory and Skin Barrier Repair Effects of Topical Application of Some Plant Oils; National Institutes of Health