

# Natural SOLUTIONS FOR ITCHY SKIN IN BABIES

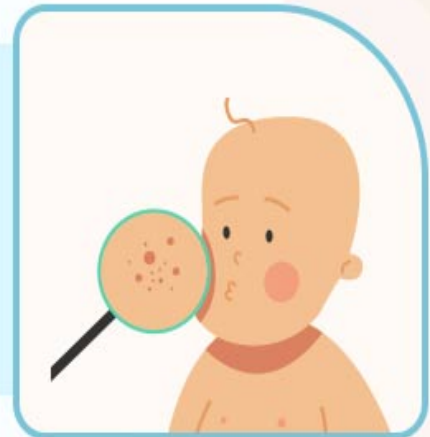


Try applying a cold compress to the itchy area by wrapping it with a clean damp cloth.



A colloidal oatmeal bath for 10-15 minutes can help relieve the itchiness by retaining moisture and preventing skin drying.

Itchiness can be an allergic reaction. Identify and avoid triggers to prevent itching.



Distraction can be a smart trick if the itchiness is mild. Engage the baby in activities to take their mind away from itching.

The topical application of virgin coconut oil may help manage the itching by keeping the skin moisturized.



## References:

- 1 Home remedies: What can relieve itchy eczema? American Academy of Dermatology
- 2 How to treat and control eczema rashes in children; Healthy Children
- 3 Effect of Virgin Coconut Oil Application on the Skin of Preterm Newborns: A Randomized Controlled Trial; Oxford Academic Journal of Tropical Pediatrics