A Guide To Baby's Skincare



A baby's skin is still trying to adjust to the environment outside the womb. These tips could help protect their skin from irritants.



Bathing time

- Bathe your baby every two days.
- Use warm towels in between washes to clean your baby.
- Always use clean water for bathing your baby.

Diaper care

- Use hypoallergenic, skin-friendly diapers.
- Change the diapers frequently to avoid skin rashes.
- Wash and dry the bottoms of the baby during every diaper change.



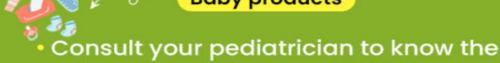
Sun protection

- Avoid sun exposure, if possible.
- Prefer the use of physical barriers to protect the baby from sun exposure.
- Use a hypoallergenic sunscreen recommended by a pediatrician.

Wash the clothes frequently.

Clothes care

- Always rinse the baby's clothes in
- plain water to squeeze off the extra detergent. Only use baby-friendly
- detergents to wash their clothes.



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Baby products

- safe baby products available in your area. Always check the ingredients list
- before selecting a baby product. Only use non-fragrant, mild, and
- dermatologically-approved soaps. Avoid the use of baby powders unless recommended by a pediatrician. Apply lotions onto a baby's skin after
- seeking a pediatrician's approval.

References



- 2 Bathing And Skin Care For The Newborn. https://www.stanfordchildrens.org/en/topic/default?id=
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