

Tips To Manage Body Odor — In Children —



Ensure they bathe daily with soap to eliminate odor-causing bacteria.

Teach them how to properly clean their armpits, groin area, and feet.



Consider using a child-safe and doctor-approved deodorant.

Make them bathe after participating in any outdoor sport.



Give them clean and dry clothes to wear after bathing.

Let them wear fresh and clean underwear and socks each day.



Consider cotton clothes to reduce sweating.

Wash their clothes after each use to eliminate odor-causing germs from the fabric.



References

1. Sniffing Out Solutions To Pre-Teen Body Odor; Children's Hospital Los Angeles
2. Smells Like Teens And Tweens: How To Deal With Body Odor; Children's Wisconsin Children's Hospital and Health System
3. What's That Smell? Body Odor Change Means Puberty Is Starting; Marshfield Clinic Health System