

..... A Guide To Baby's Skincare Regimen

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.

Clothes care



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



Baby products

- Consult your pediatrician to know the 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

- 1 **Skin Care For Your Baby.**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2528704/>
- 2 **Bathing And Skin Care For The Newborn.**
<https://www.stanfordchildrens.org/en/topic/default?id=bathing-and-skin-care-for-the-newborn-90-P02628>
- 3 **Newborn Skin 101.**
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/newborn-skin-101>