

# Newborn Skin Care

Your baby's skin is so soft, you just can't resist cuddling up with her. While your baby is perfect, you may have questions about her skin and skincare. Many babies are prone to different types of skin irritations and rashes their first year of life. Your baby's skin is sensitive and needs extra care and protection.

It's common for newborns to get rashes, but don't worry, most of them will clear up on their own. When your baby is a few days old, you may notice a rash on their skin that looks like flea bites. This is called Erythema Toxicum and will go away in a week or two.

Acne does not only affect teenagers. Neonatal acne or "Baby Acne" is common in babies between 2 and 6 weeks of age. Their cheeks, nose and forehead will have small, red or white bumps. It can last for a month or two and eventually clears up. Another common skin condition is Cradle Cap. It's basically the baby version of adult dandruff. Your newborn's scalp, neck, armpits and behind her ears will have a scaly, red rash. It usually shows up at one or two months old.

*"Really, nothing to worry about. Sometimes we have parents shampoo the baby's scalp, put a little bit of mineral oil in there, and flake off the scales. But most of the time, we have them just leave it alone, as it will resolve itself with time."*

But remember to talk to your pediatrician first about the best way to treat your baby's skin.

Bath time is a great way for new parents to bond with their baby, but it can also help keep your little one's skin healthy. The American Academy of Pediatrics recommends newborns don't get their first bath at home until after their umbilical cord stump falls off—usually at one or two weeks old. During this time, your newborn should only have sponge baths. After that, you can bathe your baby three times a week, in warm water with a mild, unscented baby wash, during his first year.

It's important to keep your baby's skin moisturized, so after bath time, pat your baby dry and rub a fragrance-free, lotion on his skin. Your baby's skin is delicate and so is their immune system. It's common for your baby to get skin irritations but remember most of them will go away on their own. If you notice anything unusual or are concerned about your baby's health, call your baby's healthcare provider.