

Treating Newborn Eczema

If your baby has an itchy rash on his cheeks or skin, it could be Eczema, also known as Atopic Dermatitis. The dry, red, flaky, patches can be caused by dry skin or substances that can irritate your baby's skin such as scented laundry detergents, soaps, or shampoos. If you have eczema, your baby is more likely to get it too. Many babies outgrow eczema by age four. Some children may have it all their lives.

Here's what you can do to prevent eczema flare-ups. Keep your baby's skin moisturized. Use fragrance free moisturizers. After a lukewarm bath gently pat the skin dry and then rub a thick cream or ointment on your baby's skin. Apply moisturizer to their face and body at least once a day.

Avoid irritants such as chemicals in soaps and detergents. Use mild laundry detergent with no dyes or perfumes. Skip using fabric softener in the dryer. Avoid scratchy fabrics such as wool. Dress your baby in loose, cotton clothing. Don't overdress your little one or use too many blankets. If she gets hot and sweaty it can cause a flare up.

Try to keep your baby from scratching her skin. Trim her nails to keep them short. Scratching can make eczema worse and lead to infection. Ask your doctor if allergies could be the cause of the eczema. Sometimes allergies such as food, pet, pollen or dust mites can trigger the rash or make it worse. If it is caused by an allergy, avoid the trigger, if possible.

Talk to your baby's healthcare provider about medicines that could help keep the eczema under control.