

Skin Care Tips for a Newborn You Need To Know

When it comes to fighting off illness and disease, the skin is the first line of defense. Look at skin for adults and babies as a type of organ associated with the immune system. The skin serves a vital role in protecting the body from danger. Therefore, if you have a newborn, you want to take good care of his or her skin so you know that the baby is healthy and comfortable.

After birth, the baby's umbilical cord will be tied off. Typically, the dried cord will fall off within three to four weeks and during this time doctors recommend only sponge baths. It can be a little challenging to bathe a newborn while trying to keep the umbilical cord dry, which is why using only a sponge and warm water is recommended during the healing time.

At first, your baby will need a sponge bath two to three times a week. All you need is warm water and no soap. In addition to the water being warm, you also want to make sure the room's temperature is warm to avoid chill. After bathing the baby, wrap him or her in a soft, cotton towel and gently wipe the skin until it is dry. You will need to work carefully around the umbilical cord, again keeping it dry and untouched so it does not become infected. Now, if a couple of drops of water dampen the umbilical cord area, do not panic, as this is fine.

After the baby's cord has fallen off, you can then begin to bathe your baby normally. Again, all that is needed is two to three baths a week, using warm water and gentle soap. One very important tip is that you want to use two washcloths – one for the baby's face and another for the rest of the body. The reason is that you will be cleaning the genital and anus areas and you do not want bacteria on the face.

If you notice the baby developing tiny red bumps chances are this is heat rash caused by water too warm or wearing too many layers of clothing. Heat rash is not harmful, merely the baby's body learning how to regulate body heat.

Typically, heat rash consists of red bumps that will appear around the neck, under the arms, or on the chest. All you need to do is remove a layer of clothing and make sure the room has good ventilation. Usually, these changes will eliminate the problem but if the heat rash persists, try giving him or her, a cool bath but not too cool.

Usually, you think of adults getting acne but most babies early on will also develop a case. Formally called neonatal acne or infant pimples, this is quite common. Acne in babies occurs because hormones are causing oil glands to be highly active.

All you need to do if you notice acne on your baby is use warm water to wash the face. Within days or weeks, the pimples will go away on their own so you do not need to apply any type of

ointment or cream. Now, if your baby gets a severe case of acne or if it remains for months, then you should talk to the doctor.

Another common occurrence in newborns is the development of dark skin on the scalp. Known as cradle cap, the scalp will look dirty and become very flaky. Doctors compare cradle cap to eczema and most often, it will go away in a few weeks after starting.

If your baby has cradle cap but it is not disappearing, you can do a few things to help. For one thing, you need to use a soft baby brush to eliminate a buildup of oil in the pores. Simply brush the scalp several times a day. Make sure you do not brush with too much pressure and never use any type of adult shampoo. Cradle cap involves patches of dry skin and harsh shampoos will only cause the skin to dry out more.

Taking care of a new baby's skin is not complicated. All you need to do is use common sense and follow a few simple rules. With consistent care, your baby's skin will look beautiful and he or she will feel great. Finally, good skin also means a healthy immune system so it is important that proper care be given.