



# Nappy rash, rashes & dry skin

**A common problem that's easy to treat**

It's normal for babies to develop rashes early on as their skin adapts to a different environment. If your baby develops a rash and seems unwell contact your GP. Most rashes are nothing to worry about but do be aware of the signs of meningitis (see page 26).

## **Nappy rash**

Nappy rash is very common and can affect lots of babies. It is usually caused when your baby's skin comes into contact with wee and poo that collects in their nappy. A nappy rash causes your baby's skin to become sore.

Most nappy rashes can be treated with a simple skincare routine and by using a cream you can get from the pharmacist. With a mild nappy rash, your baby won't normally feel too much discomfort.

## **Dry skin**

A baby's skin is thinner and needs extra care. Dry, flaky skin, some blemishes, blotches and slight rashes are normal in newborns and will naturally clear up. If your baby is otherwise well but has a rash and you are worried about it contact your health visitor.

### **1.**

There is a red, sore rash around the nappy area. Baby is uncomfortable and cries a lot.

### **2.**

Has baby been in a dirty nappy for a long time? Have you followed advice from your health visitor, or spoken to your pharmacist?

### **3.**

Change nappy often. Speak to your health visitor and if you are worried see your GP.

## **Pharmacist says**

Call in and chat to us about creams we can provide you with over the counter.

There are two types of nappy cream available. One is a barrier cream to keep wetness away from your baby's skin. The other is a medicated cream that is good for clearing up any soreness but should only be used when advised by a health professional.

## **Health visitor's cradle cap tips**

- Leave your baby in a warm, safe place with no clothes and no nappy on, to let the air get to their skin. This is the name given to the large greasy yellow or brown scales that appear on your baby's scalp. Sometimes they may flake and the skin may be red. It should not cause your baby any discomfort and should settle over time. It is important not to pick at the scales as this may cause infection.

Massaging baby oil or natural oil - such as almond or olive oil - into their scalp at night can help loosen the crust.

Gently wash the scalp and use a soft baby brush or cloth and gently remove any loose scales.

If this does not settle, the redness spreads or your baby is itchy then seek medical advice.

### **Health visitor's nappy rash tips**

Leave your baby in a warm, safe place with no clothes or a nappy on, to let the air get to their skin.

Use a barrier cream. (see Pharmacist says box opposite).

Remember to change and check their nappy often.