

7 Home Remedies for Baby Skin in Winter



EUBOS CHILDREN CALM SKIN

Love touching your baby's soft, fragile, and tender skin? Well, you need to watch out for roughness, rashes, and allergies your baby could be prone to during winter. Environmental changes result in a change in humidity and body temperature hence making your newborn prone to allergies or irritants.

Why do you need to take extra care of your baby's skin during winter? What could happen if ignored and what home remedies work well on baby skin are some questions this article will give you an insight into.

Why Does Baby Skin Matter During Winter?

Winter can leave your baby with red flaky skin on any part of the body especially on the face. This is common among newborn babies during winter because winter air does not contain moisture. The solution to this is to use baby moisturizing lotions and give them a lukewarm water bath.

7 Proven Home Remedies For Soft Baby Skin In Winter

The best natural way to protect your baby's skin is using skin-to-skin contact. This happens when the mother hugs the child. This simple tip stabilizes the heartbeat and breathing patterns of the baby including shedding natural moisture from the mother's skin to the child. Here some other natural tips to protect baby skin during winter.

1. Baby Bath

Winter calls for dry baby skin and rashes where the child loses its natural oils that can lead to flaking. Make sure you use mild baby soap on your child's skin dipped in lukewarm water. Also, make sure that the room temperature is warm which will prevent your child from catching a cold. Bathing your child 3 to 4 times a week will help keep your baby's skin healthy. You can also add a spoon of natural oils such as coconut or sunflower oil in lukewarm water while giving a baby bath.

2. Use Humidifier

Did you know that room temperature affects your baby's skin? Yes, the environment in which your baby is in shows up on its skin. If the room temperature is extremely dry, it could strip your baby of its natural oils. To maintain perfect room temperature, you can opt for a humidifier. This will balance humidity levels and correct dryness in the air.

3. Baby Oil Massage

A gentle baby oil massage will keep your child's skin nourished and healthy. All you need to do is apply some olive oil or any baby oil and massage gently. This will prevent winter dry skin and rashes. You can also consider using petroleum jelly to prevent dryness.

4. Keep Your Baby Warm

A baby's body is tender and is not well equipped to self regulate its body temperature especially during winter. Make sure you dress your baby in layers to keep your child warm. Did you know that babies can get and heat rashes during winter? Yes, this happens when the child is heavily wrapped in extra warm clothes. Observe if your baby is cranky or having sleepless nights. This is an indication that your baby is wrapped in extra warm clothes.

5. Beware of Diaper Rash

A damp nappy can cause itchiness and rashes for your baby. This happens especially during winter when the child is overwrapped in warm cosy clothes. In case your baby develops rashes on the bottom, do not use talcum powder as it could lead to excessive skin dryness. Consider using a diaper cream or petroleum jelly to moisturize.

6. Beware of Baby Dandruff

Winter can cause baby dandruff. Yes, you may be surprised to see flakes of skin while taking off your baby's winter cap. It is common in baby's and is caused due to oil glands in your child's scalp. All you need to do is rub some baby oil on your child's scalp often.

7. Keep Your Baby Hydrated

Make sure your baby stays hydrated during winter if your child is above 12 months of age. A minimum of 6 glasses of water or coconut water will do your child good. Extreme cold can sometimes dehydrate your child. Make sure you keep your child hydrated with water or lemonade juice.

Why Do You Need To Take Extra Care If Your Baby Has Dry Skin?

Sometimes your baby can get dry red skin and if so, do not avoid it. It could be a sign of eczema or

atopic dermatitis which could turn out to be fatal. Consult your doctor at the earliest if you come across any kind of rash or skin peel. One simple way to prevent baby dry skin during winter is that you moisturize regularly with baby skin oil.

How To Prevent Your Baby From Dry Skin?

Baby skin is fragile and tender and protecting it from rashes and itchiness can be a difficult affair. However, here are some simple tips that will help protect your child from dry skin.

Do not bathe your baby too frequently

Do not bathe your baby in hot water

Use the right soap. Consult your doctor before you use one.

Let your baby play in non-soapy water. Soapy water can cause itchiness dryness.

After bathing, pat the towel on your baby's skin to keep drain moisture.

FAQs

Your baby's skin is the first line of defence against germs and infections and protecting it is crucial. Skin dryness is commonly caused during winter and could lead to fatal skin conditions if left untreated. Moreover, here are some frequently asked questions that will shed light on baby skin during winter and its other facets.

What does skin-to-skin for a baby mean?

Similar to hugging your loved one, skin-to-skin with a baby means that the mother pacifies her child by holding her baby close to her. This must be done for 60 minutes on an average throughout the day. This approach is the best way to prevent your baby from dry skin.

Can breastfeed improve a baby's complexion?

Well, it can happen to a few babies in some cases. It is also medically proven that breast milk is loaded with nutrients that can protect your baby from viruses and also aiding in a brighter skin complexion.

Can I use vaseline on a babyface?

NO, it is advised that you consult your doctor at the earliest if your baby has dry skin on the face. Vaseline and other white petroleum products are recommended only for rashes and dry skin on the ankle or hands.

Should I wash my baby's face every day?

Not really! You don't have to give a baby bath every day as it could lead to dry skin and itchiness. You can wash their neck, hands, bottom carefully every day using a sponge bath technique.

Can I use coconut oil on my baby's face?

YES, you can use little drops of coconut oil on your baby's face to treat dry skin. This will keep baby skin moisturized and prevent dry skin during winter. Protecting your baby's skin from itching and dryness during winter can be a difficult affair to deal with. However, it is recommended that you consult a doctor before buying any baby skincare products. You need to understand that your baby's skin is fragile and tender. Thus it must be given extra care until it self-regulates its immunity levels to fight infections lurking around. Live Safe, Take Good Care!

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#eczema, #cream, #skin, #cosmetics.