

Preventing Baby Rash

Your baby perhaps has not had a diaper rash lately. But if some tender part of your baby's skin remains wet and warm too long, you are likely to end up alongside a fussing infant brought about by the itchy, stinging, burning, small red bumps that doctors merely call "miliaria rubra."

The exact mechanism by which heat and moisture band up to trigger this baby's skin problem is still being debated by scientists. But one of the latest theories says that a breed of bacteria that lives on the skin produces a small slime when your baby's skin stays wet and hot for too long.

While this is happening, the heat is additionally swelling your baby's sweat glands, opening them up to invasion. So the exterior slime plugs up the swelled sweat glands, causing the rash. With this, experts contest that anything that irritates or clogs the sweat glands can cause the rash.

But whatever the origin of heat rash on babies, the key to enjoining this itchy annoyance in babies is to understand the right pointers regarding baby skin care. Understanding important baby skin care tips will help parents manage the sweat glands right and will teach them how to have the greatest skin care for their baby.

Below are four pore-friendly things you can do:

1. Put on your baby's coolest clothes

Heat rash is often caused by tight clothing. When it is hot and humid, it would be best for parents to let their babies wear loose-fitting clothing that breathes and that has light weave. Cotton is a prime candidate. The difficulty with most parents is that they tend to wrap their babies with tight-fitting clothes plus blankets, peculiarly for the newborns, thinking that it will give their baby the identical comfortable surroundings he had grown used to while inside the mother's womb.

This is one of the many misconceptions regarding baby skin care. What most parents do not know is that most of the babies rashes are caused by extreme heat brought about by tight-fitting clothes or wrong materials.

Therefore, if your baby is prone to rashes, try to refrain from letting him put on silk or other rash-generating material. Usually give him cotton-made outfits so as to elude development of rash.

2. Replace baby's diaper as often as possible

Other causes of rashes can be attributed to the way parents use diapers. Many parents forget to monitor their baby's diapers. Hence, they seldom forget to check on their baby's wet and soiled diapers. In the end, the wet diaper stays on the baby's skin for too long, and considering it is usually attached to the skin, heat is also established.

The combination of warmth and moisture is extremely dangerous for your baby's skin, as this will trigger the development of bacteria. In turn, your baby will develop some diaper rash.

So, in order to avoid such dilemma, it would be better to change your baby's diaper as often as possible.

On the other hand, it would also be better if you will let your baby's skin breathe from time to time. This means that you should let your baby be free from diaper use for a predetermined period of time. For instance, if it is daytime and your baby is simply playing most of the time, try to let him wear something cooler. Try to free him from diapers at this time. Keep in mind that the more your baby's skin can breathe, the lower probability that your baby will develop a rash.

3. Use mild soap that is especially made for babies

Babies are known to have the most sensitive skin. Hence, most dermatologists and pediatricians do not recommend using antibacterial soap for your baby. In fact, they do not recommend any soap aside from baby's soap containing super mild ingredients. Soaps not made for babies may bear harsh chemical that could cause dryness on the skin. This can also trigger the development of rashes.

Furthermore, even if you were using the mildest soap for your baby's skin, it would still be better to cleanse well before taking him out of the bathtub. Any soap residue on your baby's skin can plug sweat glands and, consequently, cause rashes.

Given all that, caring for your baby's skin may not be that hard. All you need to do is to bear in mind the important pointers that you need to know so that you understand what to avoid and what to have for your baby's delicate skin.

About the Author

J. Purdy operates websites offering skin care products for babies and aromatherapy products for parents. Visit his sites today for a wide selection of baby accessories and aromatherapy oils: <http://www.baby-skin-care.net> <http://www.aromatherapy-products.net>

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