

Rashes & eczema

Baby skin needs extra care

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 clear up naturally. If your baby is otherwise well but has a rash that you are worried about contact your midwife or health visitor. Heat rash is common and is nothing to worry about. It mainly appears on the head and neck as tiny red spots. Keep babies warm but not hot and try to dress them in natural cotton clothes, with nothing that can rub on their skin.

Eczema

Eczema is common in babies and they normally grow out of the condition. Eczema in babies often starts between the ages of two and four months. The symptoms are patches of red, dry and itchy skin. If you think your child has eczema, speak to your GP or health visitor.

In all cases of eczema, frequent unperfumed emollients (moisturisers) help. These can also be used for washing and bathing and should also be used at nursery and school.

GP says

Go to A&E immediately if your baby has a rash that does not disappear when you press a glass to it. This may be a sign of meningitis and needs to be seen by a doctor no matter how well your baby seems.

Seek immediate advice if your baby has a rash and a high temperature or vomiting.

Health visitor says

Baby skin is more delicate than ours. Try to limit the amount of products you use on their skin and never leave your baby out in the sun.

1

Your baby's skin may be flaky and dry. Dry skin is common in newborn babies, as their skin is 15 times thinner than that of an adult.

2

Avoid soap and fragranced products on your baby's skin. Wash your baby in clean, warm (not hot) water.

3

Use non-biological 'sensitive' washing powder and fragrance free fabric softener when washing your children's clothes.