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Natural Remedies For Your Baby's Diaper Rash

By Opal Victoria

You know that your baby's skin is a very sensitive one. You follow all the instructions of the health

consultant to make your baby's skin avoid any kind of irritation or things alike. But a worrying thing for you is his developing of rashes in the diaper area. It is so uncomfortable for your baby and you can't bear his distress. Usually, every baby has those rashes in his diaper area at least once. There are some natural remedies that you make your baby stop suffering from those unwanted rashes.

Air circulation – Remove the diaper. Let your baby remain naked on a towel. This thing done often would decrease the chance of development of rashes. You can also pin on a cloth diaper for better air circulation.

Cloth wipes and cleaning your baby – The baby wipes available in the market have perfumes and chemicals which are harmful for the delicate skins of babies. You better clean your baby with water and wipes made of cloth. Another option is to use a soft natural soapy solution for changes.

Natural detergents – What do you use to clean diapers? It is best to use natural detergents than a commercial one as the latter is very harsh. Also rinse the diapers for a couple of time.

Changing baby as frequently as possible – I know it is boring but thinking about his baby's comfort you have to change his diapers whenever they get soiled. Fecal matter and urine are harmful for baby's skin and the causes of skin rashes. These materials are more harmful when your baby commences taking in solid food. Babies feeding on breasts suffer less from those rashes. Discuss with your Pediatrician if you observe that your baby is bottle-fed but still the rashes are never waving goodbye.

Along with changing baby, change his diapers. Even you can start using different type of diapers. Cloth diapers are better for the babies who have chronic rashes. Avoid the perfumed diapers; instead go for the ones by Nature Boy & Girl, Tushies, seventh generation.

Yeast infection – Yeast infection or thrush can cause diaper rashes. The above mentioned tips can stop rashes but if they still persist consult a Pediatrician. Pediatricians generally prescribe antifungal; medication. Gentian Violet is also a good try and can be found in drugstores. Take recommendations

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from your doctor before buying it. Another tip is to dissolve a tablespoon of baking soda and soak cotton balls in it. Pat the cotton balls on your baby's back after every change.

You can ask your doctor to recommend a brand or dose for acidophilus which can fight yeasts and are good to diminish rashes if those has occurred due to your baby's taking antibiotics.

Bottom balm – a diaper rash natural cream is good for baby's skin. Make sure the cream is made of natural ingredients like vitamin E, primrose oil, and calendula.

Consulting doctor – talk to doctor if the rash is persistent that is caused often by food allergy. The doctor may recommend a new diet chart.

Opal Victoria is a day care professional. See more of her articles at

<http://www.nurseryaccessories.info>

Home Remedies For Diaper Rash

By Sharon Hopkins

Baby's skin is the most sensitive and soft. At some time or another, most of babies do come down with diaper rashes despite our efforts to prevent them. As the name implies, diaper rash is what appears in the area covered by a diaper. And almost every baby is affected by diaper rash at least once. For some it is rare occurrence, while for some babies, diaper rash is quite a frequent unwelcome guest.

The common cause of diaper rash is that the diaper area is usually covered 24 hours with a diaper; that is often wet and messy as urine mixes with feces. The warm moist setting is just perfect for diaper rash eruption.

Diaper rashes happen irrespective of whether your baby is wearing a disposable or cloth nappy.

Preventing diaper rash –

– Change diapers as soon as they get wet and messy. – Wash and dry baby's bottom, paying special attention to creases and skin folds at each change. – Avoid using too much pressure or scrubbing to the bottom of the baby. Wipe or pat gently. – Wipe from front to back, as you will avoid transferring bacteria to the genital area. – Don't tie or secure the diaper too tightly. Allow some room for air to flow inside. – Avoid using harsh or perfumed soaps while washing cloth diapers. – Avoid plastic diaper covers. – Rinse cloth diapers thoroughly with very hot water. – Change your baby's diaper frequently – Let your baby go bare bottom from 15min–30 min a few times a day. Exposing the baby's skin to air is a natural way to healing.

Home remedy for treatment of diaper rash – Wash the baby's bottom with running tap water after every bowel movement to give diaper rash relief.

Natural Remedies For Your Baby's Diaper Rash

- Dab dry rash area with a soft cloth and apply Vaseline or any rash-free creams or gel.
- Put some oatmeal in the bath water. Keep swishing the water around the area that has the diaper rash for about 15 minutes.
- Mix corn starch & Vaseline to make a paste. Put it on the rash and rash will be gone by the next diaper change unless it is really bad.
- Generously rub the lanolin oil over affected area. The lanolin forms a waxy coating over the area allowing it to heal and not become re-irritated with every diaper
- Pour milk of magnesia all over the rash and next diaper change, the rash will be almost healed. Use until rash is disappears.
- Wash the baby's bottom with warm water and dry it very good. Take vegetable oil and pour it in your hand. Then apply it to the diaper rash.
- Put plenty of Vaseline on baby and diaper. This forms a waterproof layer between baby's skin and diaper.

The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using if you are allergic to something. The responsibility lies with the reader, not the site, and the writer.

Sharon Hopkins manages

<http://www.home-remedies-for-you.com>

that provides information on home

based remedies. Diaper rash are the most common for any new born. Try these remedies to relieve your infant from diaper rash.



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