



GUIDE TO CRADLE CAP



WHAT IS CRADLE CAP?

Cradle cap is a scaly rash that commonly appears on the scalp of newborns, typically within the first 2 to 6 weeks of life. It is characterized by patches of white or yellow scales and crusts on the baby's scalp.

The scales may be greasy or dry, and there may be a slight amount of redness. Cradle cap is generally not painful or irritating to the baby.

Causes

The exact cause of cradle cap is unknown. Some medical professionals suggest that hormonal changes in the mother during pregnancy may lead to increased oil production in the baby's oil glands, resulting in the accumulation of scales and redness on the scalp.

The excess oil makes dead skin cells stick to the scalp, leading to the characteristic appearance of cradle cap.



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DO'S & DON'T

Here are some dos and don'ts for handling cradle cap:

Don't pick at the scales or scratch the scalp, as it can cause irritation and increase the risk of infection.

Wash the baby's hair regularly with gentle baby shampoo. Frequent shampooing, even daily, is encouraged to maintain hygiene.

Use a soft-bristled brush or washcloth to gently loosen the scales from the scalp. This can be done during or after hair washing sessions.

If the scaling is thick or stubborn, you can try applying a few drops of mild, natural oil to the scalp. Allow it to sit for a few minutes or hours before shampooing to help loosen the scales.

Be patient, as most cases of cradle cap resolve on their own without medical intervention. Give it time and observe as the scales gradually disappear. However, if the condition becomes severe or persists, it is advisable to consult a doctor.

Embrace the experience of dealing with cradle cap with patience, gentle care, and a sense of humor. It is a common phenomenon in newborns and usually resolves without long-term consequences.

Remember to consult your pediatrician if you have any concerns or if the cradle cap becomes severe or persistent. They can provide further guidance and recommend appropriate treatment if necessary.

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