



Pointers For New Parents

Soothing Baby's Dry Skin

(NAPSA)—While caring for a baby can sometimes be overwhelming, there are certainly ways to make it easier, while making baby happier. With just a few, simple steps, parents can help ward off baby's dry, irritated and uncomfortable skin. Dry skin is a common occurrence for babies, which is brought on by just about anything from wet diapers to hot or cold air. Try these tips from the experts:

Better Baths

Your baby's skin can lose valuable moisture during bath time. Try limiting baths to a few minutes, every other day, and use lukewarm, not hot, water. You might also try adding a moisturizing bath treatment to the water to help relieve dry, itchy, irritated skin. Doctors recommend the Aveeno Baby Soothing Bath Treatment, which contains all-natural colloidal oatmeal, to create a soothing, milky bath that will leave baby's skin softer and smoother. The gentle bath powder is soap-free and works as a natural cleanser while helping to moisturize dry, irritated and even sensitive skin.

It's Wise To Moisturize

When your little one emerges from the bath, lightly pat him or her dry with a soft, clean towel. As many pediatricians recommend moisturizing a baby's skin twice daily, do so immediately following bath time, as this will help seal in moisture. Make sure to choose a natural, unscented moisturizer and rub it on generously but gently.



An all-natural bath treatment can help moisturize and soothe your baby's dry skin.

Guard Against The Elements

It's important to protect your baby's skin before heading outdoors, regardless of the season. That means mittens and a hat in the wintertime and long sleeves and plenty of shade during warmer months. As very young children have especially sensitive skin and are highly susceptible to damage from the sun, The Skin Cancer Foundation suggests practicing good sun protection habits, including wearing sunscreen, whenever your child is outside.

Breathe Better

Winter's moisture-robbing air can wreak havoc on a baby's delicate skin; extreme indoor heating does, as well. Consider putting a humidifier in your little one's room if the air is dry. An added benefit: Many babies find the low humming of a humidifier calming and comforting. For more information, visit www.aveeno.com.