



15 NATURAL BABY TIPS

SKIN + HAIR + BODY CARE FOR SENSITIVE SKIN

sensitive skincare

Finding out that your pregnant may prompt you to question the products you've previously used, and the ingredients are the first to be scrutinised. What you apply topically is absorbed into your body so it's important to use healthy and safe ingredients that are ideal for sensitive skin.

nurture by nature

Long before modern medicine, people turned to Nature to provide medicinal support. Herbs, extracts, salts, oils and many other medicinal plants work in harmony with our body, making Natural skin care the best option for sensitive skin. The whole family can benefit from simple yet effective ingredients.

trusted family

Natural skin care is safe and effective at treating a wide range of skin complaints. Soothing rashes, redness, eczema and other irritation can be tricky, but many parents find relief for their bundles of joy from using products that exclude irritating chemicals. This philosophy works for the whole family.

no.1 bath time

Bathing baby three times a week during the first year of life is all that's needed. Over-bathing can lead to dry skin. If Natural oils are stripped away, the skin can crack, this can lead to eczema.

Keep your baby's skin hydrated by bathing them in warm water for only 5 minutes. It's also really important to dry any skin folds especially around the neck and then apply a barrier oil like Olive Oil that is packed with antioxidants and hydrating squalene ideal for hair, skin and nail care. Always avoid parabens, SLS/SLES and harsh drying soaps. Look for plant based products.



no.2 skincare

Baby's skin is delicate. A newborn's immune system is sensitive to external influences including chemicals such as fragrances, detergents and harsh soaps. Look for products containing almond oil, calendula and chamomile. These herbs are soothing and gentle on sensitive skin.

Using a pure oil like almond or olive oil is perfect for hydrating baby's delicate skin. The best time to apply this is during their bath or after drying their skin. After bathing the oil creates a barrier on the skin that helps protect it from drying.



no.3 sensitivities

You can do a lot to protect your baby from skin problems by avoiding certain chemicals.

Synthetic fragrances, colours and dyes used in clothing and baby skincare products can cause skin irritation. Signs of skin sensitivity includes dry flaky itchy skin, chafing and rashes.

Always avoid citrus oils when it comes to sensitive skin as these oils are sensitising to the skin. Look for herbs of chamomile, cucumber, lavender or fragrance free products that Certified organic or toxic-free by SCA.





no.4 irritation

What to do to ease and prevent baby skin problems like eczema, cradle cap, nappy rash.

Firstly, remove potential irritants like harsh detergents, soaps and scented products. Replace with raw ingredients like Aloe Vera Gel that can be used to cleanse the skin instead of bath wash or soap, and to hydrate the skin.

Look for natural skin care products for baby that are certified organic or toxic-free. Or, use Olive Oil to lift cradle cap and zinc oxide based nappy balms that are known to soothe troubled skin.

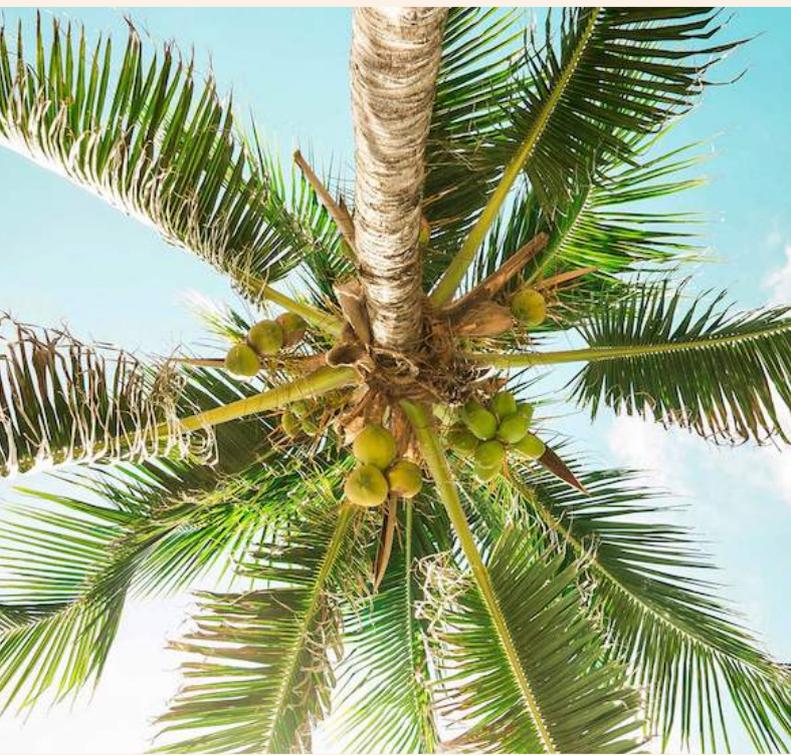
no.5 dry skin

Caring for baby's skin can be worrying at times.

Hard water has a high mineral and metal content that can make it harder to wash off soap and other products.

Hard water can also cause the skin to become dry, this can lead to acne and eczema. Bathing for less than 5 minutes is ideal to avoid the skin becoming wrinkly and potentially dry.

Apply a baby lotion or moisturiser immediately after bathing, while the skin is still moist to aid hydration. Pat dry instead of rubbing.



no.6 body oil

Coconut oil is perfect for baby's sensitive skin. It's fatty acids form a barrier of protection from wetness ideal for use instead of baby wipes. Try tissues and coconut oil for easy DIY baby wipes.

Coconut oil is also great to use instead of a lotion or cream to hydrate the skin, condition the hair and to help treat cradle cap.

It's also easy to soothe nappy rash or to replace traditional soap. Simply mix equal parts of water, coconut oil and a plant based body wash. Place in a pump bottle and use within 5 days.

no.7 body powder

Making your own natural body powder is easy with corn starch, organic flour or arrowroot powder. Simply fill a jar with powder, using a cotton round add 5-10 drops of essential oil to the pad and place in the powder jar for 24 hours to infuse. Use after showering and nappy changes to freshen and absorb moisture.

Do not use talc powder anywhere near baby's bottom. It's known to be contaminated with carcinogenic cancer-causing chemicals.

Look for products containing zinc oxide.



no.8 oat bath

Using oats in your baby's skin care routine is one of the best ways to help ease skin complaints.

Minute oats are easy to use and diffuse quickly in a cup of boiling water. Allow to steep 5-10 minutes, once the water feels silky to touch simply pour the oats and water into your baby's bath or use a face washer to apply directly.

This easy recipe can be used as required to soothe and help heal sensitive skin. The 'film' that oats create in water provides a soothing barrier for baby's skin, helping to reduce dryness.

no.9 cleaning ears

For centuries mothers have been using olive oil to cleanse the ears and remove excess ear wax.

Simply lay baby on their side and place 3-5 drops of olive into the ear. Allow to sit for a few minutes then tip the oil out and wipe clean.

Repeat for both ears until clear.

The oil naturally lifts the ear wax adhered to the skin. It allows you to remove excess ear wax without sticking ear buds into small ears. It's also great to do this when children are sick, especially with sinus or blocked noses.





no.10 room spray

Keeping your baby's room smelling fresh is essential. Look for room sprays that use Natural aromas sourced from Nature and not synthetic fragrances. Essential Oils provide therapeutic benefit that just may help to calm baby.

To make your own room spray, take a spray bottle and add 20-30 drops of essential oil followed by 10 ml of a plant based soap. Mix to combine and fill with cooled boiled water.

Use to spray on soft furnishings, hard surfaces and to clean toys, play areas and fouled air.

no.11 nappy free

Health practitioners recommend having at least 3 nappy-free times each day for 10-15 minutes each time or more. Choose your timing well, nappy free time does not have to be messy!

A cloth nappy or loose cotton bloomers can help to extend the nappy-free time and provide protection when outdoors.

Using cloth napes during the day can help to teach baby that day is 'wet' it's time to be awake and that night is 'dry' it's time to sleep. This can help baby sleep better and for longer at night.



no.12 fresh air

Fresh air in the nursery is essential. Allow a window to always be open at least an inch to provide adequate air-flow.

Some people like to use indoor plants to help eliminate toxic chemicals. Spider plants are easy to grow anywhere, they don't require much attention at all and help to clear the air from harmful chemicals that leach from furniture, house paint, clothing and outside pollution.

It's so important to consider air quality. With over 40,000 chemicals available for use in Australia, air-quality matters, especially at home.

no.13 soother

Cucumber water is easy to make and best of all it is perfect for soothing sensitive skin.

Simply slice 1/2 a cucumber sliced and add to water jug. Allow to infuse over night. You can drink the refreshing water or use it directly on the skin. The slices of cucumber can be placed directly onto irritated skin to help soothe inflammed, dry and itchy skin.

Look for cucumber oil in Natural products or purchase 100% pure cucumber oil from your local health food store to use on sensitive skin.



no.14 teething

When baby is in pain there is nothing worse! You can buy teething rusks or try a homemade recipe like oat and cinnamon bars.

All you need is 1 cup of rolled/minute oats, 1 cup Nuttalex Spread, 2 Tbsp's honey, 2 Tbsp's coconut oil, 1/2 Tsp of cinnamon, 1/2 Tsp of ginger, 1/4 Tsp of nutmeg and 1/2 Tsp of vanilla extract. Combine the ingredients, press flat into a square baking tray. Cover and leave in the fridge for 2 hours before cutting into bars.

You can also add other fruit, nuts and seeds.

no.15 herbal mask

Make an Aloe Vera, Olive Oil and Honey skin treatment by mixing the ingredients together and using as a bath wash or body lotion.

100 ml Aloe Vera Gel (fresh or store bought), 10-20 ml Olive Oil and 1/2 Tspn Honey. Combine and store in the fridge for up to 5 days.

Use to target skin patches, as a body wash instead of soap, to help lift cradle cap and as a hydrating skin and body cream.

Add more oil for a heavier nappy balm.

