

What to Do About Baby Eczema

Eczema is a skin rash that can affect people at any age. But it is sad to see a tiny baby with this skin condition. They just don't understand why their skin is itchy and irritable. They are just miserable and upset. This rash makes for a very unhappy baby and frustrated parents as well! nnMost of the time, infant eczema is caused by the baby having an allergy to something in their diet or in the immediate surroundings. Usually chemicals and additives to our foods or in detergents, carpets, clothing, etc. can all be contributing sources of skin irritation in babies. nnInfants can begin showing signs of eczema at around two months old, but it can start at any age. The most common place for an eczema rash to appear is on the infants cheeks, forehead, and scalp. Most times babies will show signs of the rash on other parts of their body as well. As the baby gets older, the rashes will begin to decrease and some children even outgrow eczema totally. nnYou can help your baby feel more comfortable while he or she is suffering the irritation of eczema rashes. Perhaps the most important thing you can do for your baby is to keep their skin hydrated with hypoallergenic lotions or creams. Make sure you use a mild soap and warm, but not hot water when giving your child a bath. Hot water will pull moisture from the skin, so take care with the water temperature. It should be warm enough to be comfortable, but not too hot! If your baby's eczema does not get better you may want to ask your health care provider to recommend soaps or lotions that will help. nnWhen skin loses moisture it is more likely that skin rashes such as eczema will occur. This is more apparent during the winter months when forced air heat creates drier air in homes. You may want to consider running a humidifier to replace the lost moisture in the air. nnTry to keep your house free from pollen and pet dander. If you have a pet in the house, keep the carpets vacuumed and do your best to keep the pet away from the baby's sleeping area. Pollen and pet dander are known allergens and can be the cause of your baby's skin rash. nnOften times clothing is the culprit. By washing your family's clothing in mild laundry soap you can avoid any allergic reactions caused by chemicals. Choose clothing that is made with natural fabrics such as cotton and bamboo. These materials allow the skin to breathe. However, take care to avoid wool because of its scratchy nature. nnDetermining the source of your infants eczema can be frustrating for parents, but if you use a process of elimination you may be successful. It is very important to keep your infant happy and comfortable. By keeping your baby's hydrated, the air moist and the home free from irritants are vital. If you find your baby is scratching their skin, put small mittens or socks on your baby's hands to prevent scratching. If your baby's condition does not improve, consult your health care provider for more information. nnIt is possible to have a happy, healthy infant even with the misery of eczema. Just follow the guidelines for keeping your baby's skin hydrated and you will have a happier family!

About the Author

Tara is a mother of three who enjoys fitness and the outdoors. She loves to make fun treat for her kids with her [milkshake maker](#). Check out her new website, www.milkshakemaker.org to learn all about getting the best [milkshake maker](#) so you can make great homemade milkshakes too!

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