

# BABY CRADLE CAP

Cradle cap is very common, said to affect over half of babies born in the UK. It will normally appear (*if it is going to*) within your baby's first three months. It is believed that cradle cap is caused from hormones passed through your baby's body during pregnancy. These hormones stimulate secretions from the oil glands in the skin which results in the skin cells sticking to the scalp. Cradle cap looks like a very bad case of dandruff. It can show up as a red area on your baby's scalp, covered with greasy, yellow, scaly patches. The easiest way to help clear cradle cap is to rub a small amount of warm olive oil in the scalp and then brush through with a soft bristled baby brush or baby toothbrush avoiding the fontanel. To warm the oil place a small amount in a plastic container and sit the container in some warm water.

There are also baby shampoos on the market to help, specifically for cradle cap.

If you have any concerns relating to your newborn *feel free to call us anytime (24/7) on 01252 351 076 or 07771 660 121*. We have consultants to cover all aspects of newborn care.

✳ [www.deearnas-maternity-agency.co.uk](http://www.deearnas-maternity-agency.co.uk)