

## Skin Care

Generally speaking, less is more or, “if it’s not broken, don’t fix it”. If there is no problem with the skin, the advice is, do nothing. The likelihood is that children, infants especially, will encounter skin problems at various points in time. Certain points are helpful to keep in mind:

- Full term infants often have peeling, which parents often mistake for dryness. Peeling can be left alone and the condition resolves on its own. Occasionally, infants have some cracking in their wrist and ankle creases and Aquaphor massaged into these areas is helpful.
- Infants can develop acne on the face that peaks around 6 weeks and can take until the 8-10 weeks until it resolves. The acne can also extend onto their chest and back. The best advice is typically to leave it alone and let it resolve on its own.
- There is no reason to add soap (ie bubble bath) to bath water. It’s best to let a child take a bath in plain water and use soap at the end of the bath and rinse and then remove the child from the bath.
- A regular bar of Dove soap is good to use on children.
- If a child has dry patches on their skin, Aquaphor is a good product to use on these areas, once or twice a day.
- The following general moisturizers are recommended for children: Aveeno, Eucerin, Lubriderm, Cera Ve.
- For most children, the winter climate is drying to the skin and often will have to have their skin moisturized 2-3 times a day if they’re susceptible to dry skin
- A smaller proportion of children have eczema that gets worse in the summer when sweat may exacerbate their eczema.
- Occasionally a child with dry skin may need to use a steroid cream (ie, Cortaid) for a short period (up to a week) to bring the eczema under control.
- The goal is to find a skin care regimen that works for the child so that the use of topical steroids is limited.