

DIAPER RASH

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WHAT IS IT?

Diaper rash is a rash that can develop in the diaper area of a baby. It can be mild or severe and can cause the skin to become red in color. In severe cases, there may be painful, open sores.

WHAT CAUSES IT?

Several factors can contribute to diaper rash such as leaving a wet or soiled diaper on too long, diarrhea (due to having to wipe so often which can lead to irritation) or sensitive skin caused by certain ingredients found in wipes or diapers.

HOW TO TREAT IT

Although there are several over the counter products you can use to treat diaper rash, some of these products contain ingredients that may be harmful to your baby's skin. If you are looking for a natural product for diaper rash, look no further than coconut oil.



BENEFITS OF COCONUT OIL FOR DIAPER RASH

Cold pressed, unrefined, organic coconut oil has antibacterial and antifungal properties and can help soothe and heal diaper rash quickly. According to research, evidence has been found that suggests coconut oil can help promote wound healing.¹ It also helps to reduce skin inflammation, itching, and irritation and also helps to provide a barrier on the skin which would help to protect the skin from further irritation, allowing the skin to heal more quickly.

HOW TO USE COCONUT OIL FOR DIAPER RASH

Apply a generous amount of coconut oil to the affected area after every diaper change. An easy way to do this is to apply the coconut oil to a wipe and gently apply it to the affected areas of the skin.

Coconut oil can also be used as a preventative when it comes to diaper rash by applying it to the skin daily following every diaper change.

OAT BATHS FOR DIAPER RASH

An oat bath is very effective when it comes to treating diaper rash. Oats become emollient when ground up into a fine powder, allowing the nutrients to become more readily absorbed by the skin. It works to soothe and moisturize dry and irritated skin. According to a 2012 study, colloidal oatmeal can help to protect and soothe irritated skin from eczema.²

¹ <https://ncbi.nlm.nih.gov/pmc/articles/PMC5796020/>

² <https://ncbi.nlm.nih.gov/pmc/articles/PMC3449106/>



HOW TO PREPARE AN OAT BATH FOR A BABY

1. Blend 1 cup of oats into a fine powder and then pour the oats inside of a sock or nylon.
2. Tie the sock or nylon and put it inside a baby tub filled with warm water-never use hot water.
3. Allow the baby to soak in the water for 10 minutes-anything longer than this may cause the skin to become irritated. No need to use soap as this can dry the skin. After bathing, gently pat the baby's skin dry and apply coconut oil to the affected areas.

HOW TO PREPARE AN OAT BATH FOR OLDER CHILDREN

1. Blend about 1 cup of oats in a blender or use oat flour. You can use more depending on the size of the tub.
2. Fill a tub with warm water-never use hot water.
3. Add the oats under the running water and mix using your hand. The water should appear milky. If not, then either the oats were not blended long enough or you need to add more oats to the water.
4. Soak in the water for up to 10 minutes-anything longer than this may cause the skin to become irritated. No need to use soap as this can dry the skin. After bathing, simply rinse with water, gently pat dry, and apply coconut oil to the affected areas.

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