



Nappy Rash

To dispel some popular myths, nappy rash rarely has anything to do with wetness!

And the type of nappy used is irrelevant (despite what manufacturers try to claim!) This is backed up by research* which found that nappy rash is no more likely when using real nappies.

Most babies are not bothered by a wet nappy at all - just like a wetsuit, the nappy will still be warm!



So, I hear you ask, what does cause nappy rash??

- Nappy rash is caused by prolonged contact with soiled nappies - when stale urine comes into contact with bacteria in poo, ammonia is produced which is highly irritating to the skin.

How do I know it's nappy rash?

- The skin around the nappy area becomes sore and irritated, usually pink or red in colour with spots or blotches. NOT ALL RASHES ARE NAPPY RASHES! It could be due to sensitivity to washing powder, sweat rash or thrush - check with a health professional if rash is persistent and angry and you're not sure.

Why does it seem worse at some times than others?

- Teething is a prime cause - even for children not otherwise susceptible
- Reaction to a new food the baby's digestive system is not ready for - it is worth considering a food diary if a child gets regular nappy rash
- Prolonged contact with detergents, perfumes or other chemicals in contact with baby's skin
- Some children are just more susceptible than others

Hunnyhelp - Top tips to beat nappy rash

- Always change nappy straight after a poo
- Always clean the whole nappy area not just the genitals and pat dry before putting on clean nappy
- Bare all! Leaving your baby's nappy off as often as possible can help. Often easiest to do when your baby is asleep as you can put a towel under them and they won't crawl off!
- Avoid perfumed, alcohol-containing wipes - stick to water and cotton wool or washable wipes. A good alternative to plain water is a wet wipes solution made from cooled chamomile tea with 1 drop of lavender oil - very gentle and smells lovely! (for more info see Wipes information sheet)
- Fleece liners can help keep baby's bottom dry, preventing worsening rash
- Silk liners may help also - contact us if you would like to know more about these

- Barrier creams may help - but only apply a very thin layer to the skin - too much can affect the absorbency of the nappies as they get clogged up with the creams. There are many available, it may be wise to try to use the most natural options. And make sure skin is thoroughly dried before putting on cream or you are just locking the moisture in
- **Careful washing of nappies is essential - some things to consider:-**
 - an older machine may not have an effective rinse cycle which can lead to detergent residue building up on the nappy. When the baby wees, this effectively turns into a soap solution and irritates the skin
 - cleaning out the machine's filter may help
 - try a 'maintenance' wash - 60 degrees with no detergent (or washing!) once a month to clean the machine
 - reduce the amount of detergent used to approximately half the recommended dose
 - change detergent or soaking solution if you suspect a reaction
 - only use non-biological powder - the simpler the better - i.e. with no optical brighteners, enzymes etc - these can all cause irritation

* 'Getting to the Bottom of Nappy Rash' J. Golding - part of the 1997 Avon Longitudinal Study of Pregnancy and Childhood, published in the British Journal of General Practice