**Diaper Rash Tips**

Hi families,

I just wanted to reach out with some suggestions on diaper rash as several of our cutest smallest friends have really intense diaper rash and open and/or bleeding wounds. I hope you won't mind that I share some of my experience as a midwife for 18 years as well as a mom of four. I'd like to share the advice that I normally give to patients that I've found to be helpful.

 One thing that I suggest is a very emollient diaper rash cream put on so thick that when being cleaned there is a thick layer of cream left and you are not cleaning down to bare skin. Then give a bath at night where the skin is washed with a cup of sea salt in the bath and no other soap products (sounds like it will sting but it won't). Something like a pure lanolin or Desitin is best for a cream. Use something that is very hard to clean off. Bordeaux's Butt paste or coconut oil is not emollient enough to create the barrier layer. After bath, cover in extremely thick layer of diaper rash cream.

 Powders are not recommended as they may cause respiratory issues for babies and can further irritate wounds.

I've also found that the brand that seems to cause the most diaper rash, hands down, is Huggies. Pampers naturals seems to be the best at preventing rash, over organic or other natural diapers. Papers naturals wipes is also the best. Off brand wipes and other brands seem to be very irritating to some sensitive skin. During an intense diaper rash, warm wash cloths might be the only thing that doesn't worsen it. Sorry, I don't like endorsing particular brands over others, but I also want to be specific so it can help to not have to buy numerous different items.

 Another solution that has been offered to us is to add baking soda to a bath, and soak soft paper towels or soft cloths soaked in water and baking soda to be used as wipes.

 I hope these suggestions are helpful. Just a reminder that we cannot have babies here with open wounds. If anyone want to discuss with me directly, please reach out!

Thanks,

Ms. Andi