



cradle cap

That pesky dry, flakey skin that is sometimes found on baby's scalp can be easily remedied by doing a few simple things at bath time: apply coconut oil or olive oil to baby's scalp, massage and let sit for several minutes to allow the oil to soak in to the skin. Then, use a gentle shampoo (Tubby Todd is a fav) and soft bristle brush to gently scrub the scalp to remove the dead skin. Rinse with water and you're done.

baby acne

Baby acne is caused by hormones left over from pregnancy working their way out of baby's system. It is going to happen to most babies, and will eventually go away on its own. The best product we have found to speed up the process is Tubby Todd All Over Ointment. It's a miracle worker. Some moms have also found success applying a bit of breastmilk to the affected area and allowing it to soak into the skin and aid in the healing process.

umbilical cord care

Your baby's umbilical cord stump will fall off within a week or two of birth. You want to keep the area clean (avoid using alcohol or soap that can increase irritation), avoid tight fitting clothing and keep it dry. You will want to only do sponge baths until the cord stump has fallen completely off.

swaddling baby

Swaddling replicates the comfort of the womb, keeps baby calm by limiting the startle reflex, and can help baby sleep longer stretches. A calm baby = a happier baby, and a happier baby = a happier mama.

Read our blog post all about swaddling [HERE!](#)

swaddle bath

Most newborns cry during bath time because they have a hard time regulating their body temperature. A swaddle bath (where you bathe baby in a swaddle blanket removing one limb at a time to be washed and then tucked back in) helps keep baby warm and snug and mimics the cozy womb environment.

dressing baby

Newborns generally do not like clothes going over their heads, and will be much happier if you dress from the feet up to shoulders.

Read our blog post all about dressing baby [HERE!](#)

