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## Skincare recommendations for healthy baby skin

Evidence-based scientific recommendations for a general skincare regime for healthy infant skin during the first year of life:<sup>4,6</sup>

### Appropriate bathing practices



**First bathing** the newborn as soon as their body temperature has stabilized, even if the umbilical cord has not yet fallen off.

**Regular baths** (2-3 times a week or more) are preferable to washing them with a cloth.

#### Bath duration & temperature

Duration: 5-10 minutes (for newborns)

Water temperature: 37 to 37.5°C

Room temperature: 21 to 24°C



**Bath additives:** In order not to influence the skin's maturation, only use mild, liquid bath additives (no soap) that are specifically developed for babies, or use no bath additive at all.



**After bathing** – you should wrap your baby in a towel straight away and gently pat them dry so they don't get cold.

### Post-bath skin care



Afterwards, you can apply a thin layer of some **baby cream or lotion**. You should do so at least twice a week. You can also apply a thin layer of baby oil to alleviate temporary skin dryness. Do not use cooking oils on baby skin. The regular application of a mild baby skincare cream contributes positively to the maintenance of healthy infant skin.



You can use wet wipes or dry baby wipes/washcloths and water to clean the **nappy area** from birth onwards for every nappy change. If wet wipes are used, they should not disrupt the skin's slightly acidic pH.

## Bathtime safety tips

- Place the baby tub on a non-skid mat to prevent it from slipping.
- Fill the tub no higher than your child's waist (approx. 5 cm).
- The tub and bath toys are potential breeding grounds for germs and should be cleaned regularly. Non-slip baby bathmats, recommended especially when adding baby oil to the bath water, should be disinfected regularly.
- Never leave your child unattended in the tub and do not allow young children (e.g. siblings) to bathe your baby without adult supervision.

## Selection of appropriate Skincare Products for Infants

- use gentle products specially developed for baby skin
- their skin tolerance should be dermatologically approved
- wash products should be pH-balanced & replenishing
- use high-quality products with natural vegetable oils

### Free from:

- essential oils, as some of them may trigger allergic reactions
- PEG emulsifiers
- from parabens
- alcohol (ethanol)
- soap (only with mild cleansing agents)



## Skincare for particularly dry/neurodermatitis-prone skin

- Regular application of skincare formulations is recommended to supply the skin with nourishing ingredients and to support adequate hydration.<sup>2</sup>
- Product selection should consider the individual skin condition, the child's age, and seasonal influences.
- Experts also recognize standard commercially available formulations as suitable, provided their skin compatibility has been dermatologically tested.

Scanning the QR-Code will take you to the references



[hcp.hipp.com](http://hcp.hipp.com)

**HiPP Highly Sensitive – for highly sensitive skin, dermatologically tested and recommended by the German Allergy and Asthma Association (DAAB e. V).**

