



# Self-care Information

## Cradle Cap

**Tips on how you can manage your baby's cradle cap**

**”Supporting you to look after your baby”**

- Lightly massage an emollient (a special moisturising treatment) onto your baby's scalp
- Regularly wash baby's scalp with baby shampoo
- Try not to pick at the scales

**Visit your local pharmacy for advice on which emollient to use**

The main symptom of cradle cap is patches of greasy, yellow scaly skin often seen on the scalp of young babies (but it can also affect other areas). It is common, harmless and doesn't cause itch or discomfort. Sometimes the hair will come away with the flakes but it will grow back.

Cradle cap cannot be caught from other babies and it is not caused by poor hygiene or an allergic reaction.



### Things you can do to help with cradle cap

#### You could try

- ✓ Lightly massaging an emollient (a special moisturising treatment) onto your baby's scalp to loosen the scales (your pharmacy will be able to advise you on which emollient to use).
- ✓ Regularly washing baby's scalp with baby shampoo, followed by gentle brushing with a soft brush.



#### Try not to

- ✗ Pick at the scales as this can cause an infection.
- ✗ Use olive oil, it may not be suitable for use on skin.
- ✗ Use peanut oil (because of allergy risk).
- ✗ Use soap or adult shampoo.



**If these tips haven't worked you can get further advice from your midwife or Health Visitor.**

**Contact your GP or call 111 if:**

- Your baby's cradle cap does not get better after a few weeks of treating.
- Your baby has cradle cap all over their body.
- The scales bleed or leak fluid.
- The affected areas look swollen.

**Here are some useful links to further information**

<b>NHS Website</b>	<a href="https://www.nhs.uk/conditions/cradle-cap/">https://www.nhs.uk/conditions/cradle-cap/</a>
<b>Patient Websites</b>	<a href="https://patient.info/skin-conditions/seborrhoeic-dermatitis-leaflet/seborrhoeic-dermatitis-in-babies-cradle-cap">https://patient.info/skin-conditions/seborrhoeic-dermatitis-leaflet/seborrhoeic-dermatitis-in-babies-cradle-cap</a>
<b>Or visit your local pharmacy</b>	

