



Combat Cradle Cap



I

How To Combat Cradle Cap



Once you have a baby the last thing on your mind is your baby's hair. Or is it? Let's face it, hair is a thing and it starts this early! Regular scalp oil to do its thing. Just make sure daily you take a warm wash cloth with a little Johnson's baby shampoo on a wash cloth and do a light wipe across the hair just to remove the sweat and debris that baby heads accumulate.

It doesn't need a lot of shampoo on the wash cloth at all. You don't even need suds or anything. The baby's scalp oil, sweat, mixed with mama's sweat is what contributes to cradle cap in the first place, especially if you breastfeed and keep baby close to you, which we typically do this tiny because we love those baby snuggles.

Cradle cap is similar to dandruff, just in babies. It can get so thick across the scalp because the baby's head is producing oil, shedding the skin from birth and accumulating build up from sweat and environmental debris. This is all the case for cradle cap! The best thing you can do to prevent it is to wipe baby's head daily to stop accumulation and use Johnson's baby shampoo with the soft bristle baby brush once per week during bath time.

For regular maintenance one time per week, possibly two times per week depending. Get a lather on baby's hair using the Johnson's baby shampoo and use the soft bristle brush to brush the hair lightly from front to back, then side to side until the entire head is cleansed. Don't worry about applying anything on the head after, just allow the baby's natural oils to do their thing up until one month old. Just smooth baby's hair down with a clean warm wash cloth and proceed to regular bath time.

After one month old, as long as your little one doesn't have any allergies you can start incorporating gentle moisturizers on the hair to keep the moisture in after shampooing. For my babies when they were little I used a fingertip of my [Flourish® Cream Oil](#) with a touch of the Aveeno Baby Creamy Oil. I also switched to the Aveeno Baby 2 in 1 Shampoo and Conditioner to wash their hair until they got to 4-6 months old. I just paid very close attention to keeping the back of the head moisturized so it wouldn't become brittle and break off. But I remained washing once per week.

II

My Baby Has Cradle Cap. What Do I Do?



If your baby already has cradle cap and you are trying to get rid of it you will first get a clean warm, damp baby wash cloth and wipe your little ones head with it to get the hair moist. Rinse the cloth with warm water then lay on your baby's head, covering the hair for about 2 minutes. Then you want to apply Johnson's baby shampoo to the hair and form a good lather. You will take the baby comb and gently comb all the hair from the front hairline all the way to the back hairline. Then you will do that all across baby's head going from front to back and back to front.

Make sure the hair is still wet and lathery and make sure you are touching the scalp enough but still being gentle. You do not want to irritate or scrub too hard. Then you will want to comb from the left ear to the right ear and follow across the entire head that way until you have combed the entire head going from left to right then right to left.

The purpose of this exercise is to break up all the build up on the scalp and lift it up so when you rinse the hair it rinses away. After you have combed the hair for about 5 minutes you will want to rinse, then shampoo one last time and this time use the baby soft bristle brush to brush the hair back with the shampoo in and rinse the hair using the brush to push all the shampoo out.

Now take a look at the scalp and see if you can see a difference. If you still notice a little build up left in the scalp don't repeat the process now, wait until tomorrow and do the same process again and this should resolve the issue.

After you have completed the 2nd wash use a fingertip of [Flourish® Cream Oil](#) or Aveeno Creamy Oil and rub in your hands then smooth over the hair just to regain a bit of moisture back from doing a double shampoo. But, make sure you only use a little bit, only enough to make your hands look moist once you rub it into your hands. You don't want to apply anything too heavy to the hair then get build-up right back onto the scalp.

After the cradle cap is gone you will want to follow the routine in the first paragraph for baby hair care until you get to 3 months or so depending on how much hair your little one has, then the routine will change just a bit!

Happy Growing!

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