



## How to Treat Nappy rash

Get the best advice on how to prevent and relieve nappy rash with our 3 easy steps: identify the cause, soothe and soothe, soothe and soothe. Find out more about nappy rash treatment and prevention options for your little one.



## CAUSES What causes Nappy rash

- FRICTION** - Friction can irritate the skin between the nappy and the baby's skin.
- CONTACT** - The chemicals in nappies and the moisture can irritate the skin.
- SOFTNESS** - Soft nappies can irritate the skin and cause the baby to rub against them.

## 3 Steps to Soothe



### CURE

Apply a thick layer of ointment or cream to the nappy area.

### CHANGE

Change the nappy as soon as you can and make sure the nappy is clean and dry.

### CLEAN

Wash the nappy with mild soap and water. Rinse thoroughly and dry completely.

### BENEFITS

Relieving nappy rash can help your baby's skin heal faster and prevent further irritation.



## What to Avoid

- HEAVY POWDERS** - Heavy powders can irritate the skin and cause the baby to rub against them.
- PERFUMES/ESSENCE** - Perfumes and essences can irritate the skin and cause the baby to rub against them.
- WET NAPPIES** - Wet nappies can irritate the skin and cause the baby to rub against them.

## How to Keep Baby Smiling

Want to keep your baby smiling? You might have a smile of your own. Your baby's smile is a sign of a happy, healthy baby. Here are some tips to help you keep your baby smiling.



## The Rule of 3

- BOOBY** - It's important to keep your baby's skin clean and dry.
- WASH** - It's important to wash your hands before and after handling your baby.
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## What You Need to Know About Colic

Colic affects 10-15% of babies and is characterized by intense, high-pitched, inconsolable crying. It usually begins in the first few months of life and lasts for several weeks.



## How to Comfort Your Colicky Baby

- SWAYING & SWING** - Swaying and swinging can help soothe your baby.
- WARM BATHS** - Warm baths can help soothe your baby.
- COMFORT & WRAP** - Comforting your baby with a warm blanket can help soothe them.

## How to Clear a Baby's nose

Use your thumb to gently clear your baby's nose. You can also use a nasal aspirator to help clear your baby's nose.



## Signs Your Baby Might Have a Cold

- 01 STUFFY NOSE** - Runny nose and stuffy nose.
- 02 TEMPERATURE** - Fever or temperature above 38°C.
- 03 APPETITE** - Loss of appetite or difficulty eating.
- 04 SLEEP** - Trouble sleeping.
- 05 PROBLEMS** - Cough, sneezing, or watery eyes.

## Causes of Colds in Little ones

- AIR** - Germs in the air can be inhaled by your baby.
- TOUCH** - Your baby can get a cold from touching someone who has a cold.
- CONTACT** - Your baby can get a cold from contact with someone who has a cold.



## How to Prevent Colds in The future

- ISOLATION** - Keep your baby away from people who are sick.
- WASH YOUR HANDS** - Wash your hands frequently and thoroughly.
- AVOID** - Avoid crowded places and people who are sick.
- STRENGTHEN** - Strengthen your baby's immune system with a healthy diet.

## How to Relieve Constipation

Use our 5 easy steps to help relieve your baby's constipation. These steps are designed to help you identify the cause of the problem and provide relief for your baby.



## Signs that Baby Might be Constipated

- FEW STOOLS** - Your baby has fewer than 3 stools a week.
- IN THE TOILET** - Your baby has difficulty going to the toilet.
- UNCOMFORTABLE** - Your baby seems to be in pain or is crying.

## How You Can Help

- 01 FLUIDS** - Give your baby plenty of fluids.
- 02 BATH** - Give your baby a warm bath.
- 03 FEED** - Give your baby a healthy diet.
- 04 EASE** - Give your baby a massage.
- 05 RELIEF** - Give your baby a warm compress.



## How to Keep Baby Peeping Properly

- WALK PRODUCTS** - Use products designed for your baby's feet.
- SOFT FOODS** - Give your baby soft foods to eat.
- FOOD SCHEDULE** - Give your baby a regular meal schedule.

## How to Keep Baby Peeping Properly

When it comes to your baby's feet, you want to make sure they are kept warm and comfortable. Here are some tips to help you keep your baby's feet warm and healthy.

