



CRADLE CAP

COMMON CHILDHOOD AILMENTS

SYMPTOMS

Cradle Cap is a common skin condition often found in babies, it is patches of greasy, scaly skin, usually found on the scalp. It is not itchy or painful and does not bother your baby. The cause of cradle cap is not clear, but it cannot be caught from other babies.



INCUBATION

Cradle cap looks similar on all skin tones, however the skin under the scales may:

- look pink or red if your baby has white skin.
- lighter or darker than the surrounding skin if your baby has brown or black skin.

TREATMENT

Gently, massage an emollient (moisturiser) onto your baby's scalp to help loosen the cradle cap. Brush baby's scalp with a soft brush and then wash it with baby shampoo.

See a GP if the crusts on your baby's scalp start to bleed or leak fluid or the affected area looks swollen.



TOP TIPS

- Do not use peanut oil, olive oil, soap, or adult shampoo.
- Do not pick at the cradle cap as this can increase the chance of infection.

FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111