

#HEALTH & FITNESS

Caring for your little one

A child is the most loved member in a family, and if it happens to be an infant, everyone tries to do their utmost to care, and provide the best of all things. From ensuring nourishment, no stone is left unturned towards optimum care for the little ones. Along with maintaining a proper sleep schedule and ensuring timely feeding, another essential part of nurturing babies is looking after their delicate skin.

The baby soft skin that we dream of having once we grow older is not so easy to maintain and requires extra care. Baby skin is typically more delicate, sensitive, and vulnerable in nature and thus, caring for it requires going



that extra mile. A good place to start with the proper nourishment of your little one's skin is by applying baby oil.

Baby skin is more susceptible to dryness, especially during this time of the year when winter is knocking at the door. Thus, it is vital to start taking superior care now. A good massage with baby oil helps to keep the baby's skin soft, supple, and moisturised. It also promotes better skin elasticity and prevents irritation and itches.

Often times, a new born suffers from a dry scalp that is flaky in nature and seems like

dandruff — a phenomenon more commonly known as cradle cap. Application of baby oil on the scalp helps treat this condition by improving the scalp condition and promoting hair growth.

A common practice in our country is smothering little babies with oil while basking in the sun, and our ancestors have good reasons to pass on this practice! A proper oil massage paired with exposure to mild sunlight is said to improve both energy levels and sleep pattern. Furthermore, it is a natural way to absorb vitamin D in abundance, which

is crucial for a child's development.

Needless to say, baby oil also contributes to good health and well-being of the little one. Constipation, cough, and diaper rashes are common problems that babies counter, but of course, we cannot tolerate seeing these little souls suffer one bit. Using baby oil can alleviate all three problems working as a quick and effective home remedy.

Rubbing warm oil on the baby's stomach in a clockwise and circular motion aids to mitigate constipation while a gentle oil rub on the baby's chest and back will warm up the body, giving a soothing relief from cold and cough. Likewise, application of oil on the affected area reduces the discomfort and uneasiness that comes with diaper rashes.

Apart from physical health benefits, baby oil is beneficial in terms of safeguarding emotional and mental wellbeing as well. Touch is one of the sensory stimulations that develops early and a good oil massage is believed to deliver love and comfort to a baby. It is also a great technique to create a long-lasting bond with the little one.

Contradictory to common misconceptions, application of baby oil does not only eliminate skin dryness, but offers a variety of benefits on both a physical and emotional level, making it a key element within a baby's skin care routine.

By Fariha Amber
Photo: Prito Reza

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