

# ■ The Gentle Cradle Cap Clearing Routine

## A Step-by-Step Guide for Parents by NewbornCry.com

### ■ *Before You Start: The Essentials*

- 1 ■ Pure Oil: Coconut, Almond, or Baby Oil.
- 2 ■ Soft Brush: Baby cradle cap brush or soft toothbrush.
- 3 ■ Mild Shampoo: Fragrance-free, tear-free baby wash.
- 4 ■ Soft Towel: To pat dry gently.

### ■ *The 5-Step Bath-Time Checklist*

- 1 ■ **Step 1: The Pre-Wash Soak** – Apply oil 20 minutes before bath to soften scales.
- 2 ■ **Step 2: The Gentle Loosen** – Brush in small circular motions. Don't force flakes.
- 3 ■ **Step 3: Shampoo & Suds** – Use lukewarm water and gentle baby shampoo.
- 4 ■ **Step 4: The Ultimate Rinse** – Rinse thoroughly; no oil or soap residue.
- 5 ■ **Step 5: The Final Brush** – Light brush after drying to remove loose flakes.

### ■ ■ *Important Safety Reminders*

- 1 ■ **No Picking:** Never scrape scales with nails or sharp combs.
- 2 ■ **Watch for Redness:** If scalp looks red, smells, or oozes, call a pediatrician.
- 3 ■ **Be Patient:** It may take 3–4 sessions to fully clear.

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