Skin Care for Winter

This time of the year we see a lot of children with dry, itching skin. This is caused in part by low humidity outside and inside of our homes. Indoor heating has a very drying effect on our skin. Here are some tips to control dry skin.

- Use a humidifier to replace moisture in the air.
- Use lukewarm water for bathing and washing hands. Hot water dries skin.
- 5-10 minute lukewarm showers or bastes, no playing in the water for long periods of time!
- Use a moisturizing soap.
- If arms, legs, belly and backs aren’t dirty or sweaty, don’t use soap on them. Just use the water to rinse those areas.
- Don’t use sponges or washcloths to scrub skin. Just wash with hands.
- Pat dry with the towel, don’t rub the skin.
- After bathing put a moisturizing cream or ointment on damp skin. It will lock in the moisture from the bath. Creams are 50% oil and 50% water. Ointments are 80% oil and 20% water. Either will form a protective layer on the skin.
- When you go outside don’t forget a sunscreen. It will act as a barrier to help protect against the cold and wind. The sun’s reflection on sand is 17% and on snow it is 80%.
- Dress in layers. Sweating and overheating can trigger itching.