

BIODERMA

LABORATOIRE DERMATOLOGIQUE

You and
your **baby**



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Hello,

You are expecting a happy event, or you have been parents for just a short time. The BIODERMA Dermatological Laboratory team is delighted to send you its congratulations.

Like any young parents, you wonder about the right gestures to use when taking care of your Baby's skin and the best products to use for this.

For over 20 years the BIODERMA Laboratory, in collaboration with its medical partners and its users, has been developing hygiene products and dermatological skin care products suited to the delicate skin of babies and young children. To help you benefit from our expertise, you will find here our advice on taking care of Baby and Baby's skin on a daily basis and how to deal with minor skin problems. Future young mothers are not left out of our advice, with products designed to help them both during and after pregnancy. Follow the guide...

Wishing you great happiness in your role as parents, with best wishes,

The BIODERMA Dermatological Laboratory team

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CHILDREN'S SKIN IS DELICATE SKIN

PINKER, MORE SUPPLE AND EXTREMELY SOFT, YOUR BABY'S SKIN IS ALSO IMMATURE. MORE DELICATE AND IRRITABLE THAN AN ADULT'S SKIN, IT NEEDS SPECIFIC HYGIENE AND SKIN CARE PRODUCTS.

THE EPIDERMIS IS THINNER AND MORE PERMEABLE

The thin epidermis means that certain foreign substances can penetrate and enter the blood stream (antiseptics, sun filters, allergenic substances, infectious agents...) Unsuitable products can prove toxic.

THE HYDROLIPIDIC FILM IS NOT AS PROTECTIVE

In babies and young children, the hydrolipidic film is not very abundant due to inadequate sebum and sweat secretions. Therefore the skin is less well protected, more sensitive to external attack and becomes dehydrated more easily.

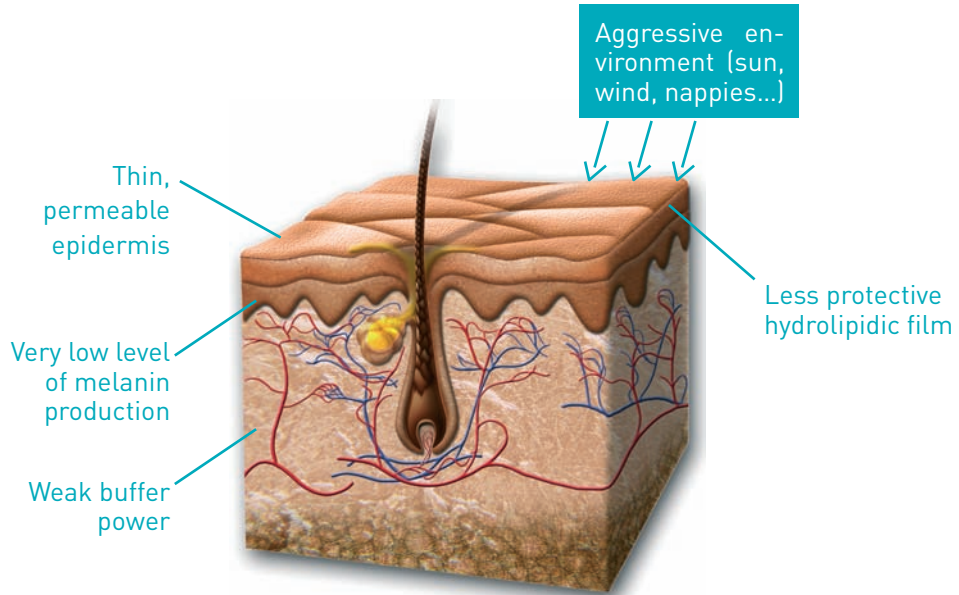
¹ At birth, under the influence of maternal hormones, the newborn baby's skin is particularly oily. Sebum production then gradually declines, coming to an almost total stop at around 6 months.

THE SKIN HAS LESS PROTECTION AGAINST THE SUN'S RAYS

In adults, a tan (resulting from melanin production) provides a form of protection against ultraviolet rays. In the young child, melanin production is slow, which leaves the child more vulnerable to the sun's rays: the epidermal cells are then endangered.

The low level of melanin production also explains why the skin is fairer until the age of 1 year.

THE HYDROLIPIDIC FILM IS A THIN LAYER ON THE SURFACE OF THE EPIDERMIS, MAINLY FORMED OF WATER, SEBUM AND SWEAT. IT MAINTAINS THE MOISTURE LEVEL OF THE UPPER LAYER OF THE EPIDERMIS, INSULATING AND PROTECTING IT AGAINST EXTERNAL ATTACK.



BABIES' SKIN IS MORE LIKELY TO DEVELOP INFECTIONS

It is less capable of maintaining or re-establishing its physiological pH alone (buffer power). This leaves it more vulnerable to infection, all the more so since every day it is exposed to substances likely to change its pH (urine, cleansing solutions or skin care...) while its immune system is still immature.

AN OFTEN OVERLY AGGRESSIVE ENVIRONMENT

Not only is Baby's skin more sensitive than that of an adult but it is often exposed to a more aggressive environment: rubbed by nappies, skin in prolonged contact with dirt, overheated flat, cold...

BABY'S SKIN ONLY REACHES MATURITY AROUND THE AGE OF 8 OR 10.



DAILY CARE

DAILY SKIN CARE, WHETHER IN THE BATH OR CHANGING NAPPIES, PROVIDES VITAL OPPORTUNITIES FOR INTERACTION BETWEEN THE PARENTS AND THE YOUNG CHILD. TO ENSURE THESE ARE SPECIAL MOMENTS, AVOID STRESS AND RUSH AND TRANSFORM YOUR GESTURES INTO REASSURING CARESSES FOR THE CHILD THIS WILL ALSO PREVENT CERTAIN COMMON INFANTILE SKIN INFECTIONS.

Bath

THE PRODUCT THAT YOU USE TO CLEANSE YOUR BABY'S SKIN IS VITALLY IMPORTANT

It must respect the hydrolipidic film and be composed of ingredients specially selected for their harmlessness. Choose a mild soap-free foaming cleanser, with a neutral pH and hypoallergenic (formulated to minimise allergy risks).

You can use the same product for the face, body and hair. It is vital that this product does not sting the eyes. When Baby's hair becomes thicker, the cleanser should also make it easier to detangle and style.

IT IS PREFERABLE TO APPLY YOUR CLEANSER DIRECTLY WITH YOUR HAND

The use of a face cloth is not advisable as it is more aggressive. However, if you prefer to use a cloth, change it every day.

HAIR WASHING

During the first months of your baby's life, in view of the neonatal sebaceous surge, you should wash the hair every day during the bath.

Around the age of 1, the number of shampoos needed declines: wash the hair 2 or 3 times a week, depending on whether your child has a tendency to sweat a lot.

DURATION OF THE BATH

For the newborn baby, a bath should not last for more than a few minutes.

RINSING

It must be thorough and done with warm water.

DRYING

This must be meticulous and done by dabbing the skin rather than rubbing.

THE RIGHT REFLEXES

- **BATH YOUR BABY EVERY DAY IN A ROOM WITH AN AMBIENT TEMPERATURE OF AT LEAST 20-22°C**
- **PUT A NON-SLIP MAT IN THE BOTTOM OF YOUR BATH TUB**
- **BEFORE PUTTING YOUR BABY IN THE BATH, CHECK THE TEMPERATURE OF THE BATHWATER WITH A THERMOMETER (35-37°C)**
- **SUPPORT THE BABY'S NECK ON YOUR FOREARM BEFORE GENTLY IMMERSING IT IN THE WATER**
- **NEVER LEAVE YOUR CHILD ALONE, EVEN FOR JUST A MOMENT**

Nappy change

CHANGE YOUR BABY AFTER EACH STOOL

This avoids the skin being in prolonged contact with wet nappies and dirt. Indeed, urine and stools contain irritants, the effect of which is accentuated by soaking under the nappy.

CLEAN YOUR BABY'S BOTTOM THOROUGHLY EACH TIME YOU CHANGE THE NAPPY

When you change the nappy, it is essential to clean Baby's bottom thoroughly with a specific product and then dab the skin dry.

APPLY A SPECIFIC CREAM

To prevent the appearance of redness, once a day, during the final nappy change, apply a special nappy change cream to protect and insulate Baby's bottom from irritant agents. A cream containing antifungal active ingredients will help to stop any fungus developing.

THE RIGHT GESTURES

- **WASH YOUR HANDS THOROUGHLY BEFORE AND AFTER CHANGING NAPPIES.**
- **REMOVE THE WORST OF THE DIRT WITH A THICK HYPOALLERGENIC ALCOHOL-FREE WIPE OR A COTTON PAD SOAKED IN A HYPOALLERGENIC CLEANSING SOLUTION.**
- **MAKE SURE YOU ALWAYS CLEAN FROM FRONT TO BACK SO THAT NO FAECES CAN TOUCH YOUR BABY'S GENITALS.**
- **DON'T FORGET TO CLEAN IN THE FOLDS OF SKIN.**
- **CLEANSER WITH A MILD CLEANSER: A NON-RINSE SOLUTION OR FOAMING GEL THAT RESPECTS THE BALANCE OF YOUR BABY'S SKIN. IF NECESSARY, RINSE CAREFULLY.**
- **DRY YOUR BABY'S SKIN METICULOUSLY BY DABBING GENTLY.**
- **APPLY AN INSULATING PROTECTIVE CREAM AT LEAST ONCE A DAY, PREFERABLY IN THE EVENING.**
- **AND OF COURSE, NEVER LEAVE YOUR BABY ALONE ON THE CHANGING TABLE.**

Moisturisation

MOISTURISE YOUR BABY'S SKIN EVERY DAY

Moisturisation is the best way to prevent the appearance of redness, it helps to strengthen the baby's skin so it is better able to withstand external attack. Choose a mild hypoallergenic cream or a cold cream suited to Baby's skin.

USEFUL INFORMATION

- APPLYING THE CREAM STRAIGHT AFTER THE BATH OPTIMISES ITS MOISTURISING EFFECT.
- APPLYING THE CREAM WITH LIGHT MASSAGE MOVEMENTS GIVES YOU THE CHANCE TO SHARE A PLEASANT MOMENT WITH YOUR CHILD, BENEFICIAL FOR ITS DEVELOPMENT.





MINOR PROBLEMS

DESPITE THE BEST DAILY CARE, YOUR BABY'S SKIN MAY SUFFER FROM LOCALISED IRRITATION OR DRYNESS. THESE SKIN IMBALANCES ARE FREQUENT, BUT THEY DO REQUIRE APPROPRIATE TREATMENT. THE APPLICATION OF SPECIFIC PRODUCTS AND THE RIGHT REFLEXES CAN OFTEN PREVENT THESE MINOR PROBLEMS AND ANY COMPLICATIONS. DON'T HESITATE TO ASK YOUR DOCTOR OR YOUR CHEMIST FOR ADVICE.

Cradle cap

THIS CAN APPEAR WHEN BABY IS BETWEEN 2 AND 10 WEEKS OLD

Cradle cap consists of white or yellowish scabs found on the scalp and sometimes on the eyebrows. Known as “milk scabs” in French, the cause of these plaques has nothing to do with milk. They do not bother the baby but they are unsightly.

IT IS OFTEN DUE TO THE IMMATURE EPIDERMAL RENEWAL PROCESS

The upper layers of the epidermis are renewed unevenly, forming clumps of cells (squames). This is accentuated by postnatal excessive sebum production.

WHAT TO DO?

- APPLY A SPECIFIC MILD PRODUCT BASED ON EMOLIENT, KERATOREGULATING AND MOISTURISING AGENTS AND GENTLY MASSAGE THE PROBLEM ZONES.
- LEAVE THE PRODUCT ON FOR ABOUT **30** MINUTES, AFTER WHICH THE SCALY PLAQUES ARE SOFTENED, EASY TO UNSTICK AND REMOVED BY WASHING THE HAIR.



Nappy rash



IT IS A RARE BABY THAT HAS NEVER HAD A RED BOTTOM

Nappy rash affects over half of newborn babies. Most of the time, this infection remains just a simple localised redness and disappears with suitable treatment.

THIS REDNESS IS IRRITATION

It is caused by aggressive components (enzymes, bile salts, lactic acid, ammonia...) contained in the stools and the urine and held in contact with the skin by the nappies. Damp, obstruction, heat and rubbing by wet nappies make this irritation worse and encourage the development of fungi and bacteria.

IF IT GETS WORSE

Nappy rash can extend all over the baby's bottom and cause complications. At this stage you should consult your doctor.

USEFUL INFORMATION

- **NAPPY RASH CAN ALSO BE AGGRAVATED BY: TEETHING, A NOSE AND THROAT INFECTION, DIARRHOEA, A URINARY INFECTION**

WHAT TO DO?

- **CHANGE THE BABY'S NAPPIES MORE OFTEN**
- **MAKE SURE THAT THEY ARE THE RIGHT SIZE: IF THEY ARE TOO SMALL, THEY CONTRIBUTE TO THE SOAKING, IF TOO BIG, THEY CREATE AREAS OF FRICTION**
- **ONLY USE HYPOALLERGENIC, SOAP-FREE PRODUCTS, SUITABLE FOR YOUR BABY'S SENSITISED SKIN**
- **DRY THE SKIN WELL (NOT FORGETTING INSIDE THE FOLDS)**
- **AT EACH NAPPY CHANGE APPLY AN INSULATING, PURIFYING, REPAIRING CREAM**

Irritation around the mouth

BABIES AND YOUNG CHILDREN OFTEN HAVE IRRITATED SKIN AROUND THEIR MOUTHS

From simple redness to cracked skin, this is often accompanied by small spots and rough, harsh skin. It mainly affects children between the ages of 3 months and 5 years and is more common in the winter, because of the cold and wind.

THIS INFLAMMATION IS KNOWN AS PERIORAL DERMATITIS AND RESULTS FROM THE SKIN BEING SOAKED IN SALIVA

Saliva contains an enzyme called amylase, which is essential for digesting food but highly irritating for the skin.

WHAT TO DO?

- APPLY A SPECIFIC TREATMENT FOR AROUND THE MOUTH, CONTAINING AN ANTI-ENZYME ACTIVE INGREDIENT (ANTI-AMYLASE)
- APPLYING THIS WILL SOOTHE THE IRRITATION, PROTECT THE SKIN AGAINST EXTERNAL ATTACK, RESTORE THE OFTEN DEHYDRATED SKIN'S SUPPLENESS AND OF COURSE PREVENT ANY RISK OF SECONDARY INFECTION.



Dry sensitised skin

PHYSIOLOGICALLY, BABIES' SKIN IS LESS OILY AND LESS WELL MOISTURISED

A young child's skin is characterised by limited sebum secretion until the age of 7-8, which results in a less abundant hydro-lipidic film, a lower level of protection and skin that dehydrates more quickly.

THERE ARE MANY ENVIRONMENTAL CAUSES OF DRY SKIN

Frequent cleansing, hard water, dry air, rooms that are often overheated, cold, wind... all these factors dehydrate and weaken your baby's skin



A FEW SIMPLE RULES

- **P**UT COTTON CLOTHING NEXT TO YOUR BABY'S SKIN, AND AVOID WOOL OR SYNTHETIC FABRICS.
- **W**ASH SOFT TOYS FREQUENTLY
- **D**O NOT BATH YOUR BABY MORE THAN ONCE A DAY, AND ENSURE THAT THE WATER TEMPERATURE DOES NOT EXCEED **35-37°C**
- **D**RY THE SKIN BY DABBING IT GENTLY
- **M**AKE SURE THAT THE ATMOSPHERE IN WHICH THE BABY LIVES IS NOT TOO DRY AND THAT THE AMBIENT TEMPERATURE DOES NOT EXCEED **19°-20°C**
- **A**PPLY A VERY HIGH TOLERANCE NOURISHING CREAM ON A RÉGULAR BASIS AND ESPECIALLY AFTER THE BABY HAS BEEN OUTSIDE



SUN

DIRECT EXPOSURE TO THE SUN SHOULD BE PROHIBITED UNTIL 12 MONTHS AND IS STRONGLY ADVISED AGAINST FOR YOUNG CHILDREN

Children's natural protection system is immature: under the same strength of sunshine, the quantity of the sun's rays (particularly UVB and UVA rays) received by a child is 3 times more than that received by an adult.

CHOOSE SPF 50+ PHOTOPROTECTION WHICH STAYS ON THE SURFACE OF THE SKIN

- **either mineral screens** (containing no chemical filters)
- **or "particulate" protectors** (filters encapsulated in inert microparticles).

IT IS VITAL TO AVOID SUNBURN DURING CHILDHOOD

Sunburn is not temporary skin redness but a real first degree burn, mainly due to UVB rays. In children, it is more severe and ac-

companied by general symptoms (fever, nausea, loss of consciousness...) that require medical advice.

Repeated sunburn, following excessive exposure during childhood, increases the risk of skin cancer in the adult.

THE RIGHT GESTURES

- **NEVER EXPOSE YOUR CHILD TO THE SUN AND HEAT**
- **AVOID THE HOURS WHEN THE SUN IS AT ITS HOTTEST (BETWEEN 11 AM AND 4 PM)**
- **PROTECT YOUR CHILD AGAINST THE DIRECT RAYS OF THE SUN AND THEIR REFLECTION WITH A HAT, SUNGLASSES AND A T-SHIRT**
- **APPLY SPECIFIC SUN PROTECTION ON THE UNCOVERED SKIN ZONES EVERY 2 HOURS, AND IF IT IS RUBBED OFF.**
- **TO PREVENT ANY RISK OF DEHYDRATION, ENSURE THAT YOUR CHILD DRINKS REGULARLY AND SPRAY IT WITH WATER, PREFERABLY DERMATOLOGICAL.**





TAKING CARE OF YOURSELF AND YOUR SKIN

DURING PREGNANCY, YOUR SKIN IS UNDER ENORMOUS STRAIN: FEELINGS OF DISCOMFORT, TIGHTNESS, EVEN STRETCH MARKS CAN APPEAR. IT IS ESSENTIAL TO GIVE YOUR SKIN SUITABLE SKIN CARE BOTH DURING AND AFTER YOUR PREGNANCY.

DURING PREGNANCY

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AFTER PREGNANCY

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During pregnancy

DURING PREGNANCY, HORMONES AND THE STRETCHING OF THE SKIN MEAN THAT YOU NEED TO PROVIDE YOUR SKIN WITH VERY SPECIAL CARE.

GETTING USED TO ITS NEW SENSITIVITY

Under the influence of hormones, you are more sensitive, as is your skin. Use products for sensitive skin that guarantee excellent tolerance, at least for the duration of your pregnancy. These will also soothe your epidermis and help you to maintain optimum comfort for your skin.

MOISTURISING YOUR SKIN EVERY DAY

It is essential to moisturise your skin every day. A lack of hydration leads in particular to unpleasant itching feelings where the skin is "working" the hardest: the stomach, as well as the hips, thighs and breasts.

PREVENTING THE APPEARANCE OF STRETCH MARKS

The appearance of stretch marks is also a common risk in pregnancy. They take the form of pinkish streaks and are evidence of the breakage of the collagen and elastin fibres in the dermis (the skin's deepest layer). The stretching of the skin as well as the increased number of enzymes attacking the

fibres are responsible for this breakage.

It is therefore advisable to keep weight gain to the minimum and to apply on the high risk zones a product that will help to preserve the skin's elasticity and nourish it, right from early pregnancy.

PROTECTING YOURSELF AGAINST THE SUN

Your skin also becomes more sensitive to UV rays. Hormones can lead to the appearance of a chloasma or pregnancy mask (the skin around the face becomes brown) which is aggravated by exposure to the sun. As far as possible, avoid exposing yourself directly to the sun, or else apply a UVA-UVB sun protection product with at least a SPF 40 protection factor, ideally 50+.

After pregnancy

AFTER PREGNANCY AND GIVING BIRTH, YOUR BODY HAS CHANGED. TAKE THE TIME TO LOOK AFTER YOURSELF AS WELL.

REMEDYING STRETCH MARKS

Despite your precautions, you have acquired some stretch marks. They will fade over time. You can speed up the process by applying a cream that will moisturise and stimulate cellular renewal. You can use the same skin care as during your pregnancy.

REGAINING YOUR FIGURE

It takes a few weeks for the uterus to return to its normal size. In addition to a balanced diet and some gentle, regular physical activity, specific dermocosmetic care will help you regain your figure. By boosting production of the collagen and elastin fibres, it will help to restore the tone of your epidermis. Massage it lightly into the zones that have been stretched: breasts, stomach, hips, thighs.





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First name

F M Born on / /

First name

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First name

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