

Cradle Cap

(infantile seborrhoeic dermatitis)

What is it?

Cradle cap (infantile seborrhoeic dermatitis) is a common rash that causes greasy, yellow scales on the scalp. It is not harmful and normally does not cause your baby any itch or distress. The most common age group is between 3 weeks and 12 months of age.



How can we treat it?

Cradle cap does not need to be treated. It usually goes away without treatment, generally by 12 months of age.

If you would like to treat your baby's cradle cap, start with these simple steps:

1. Put a gentle moisturiser or oil on the scalp 1 hour before bath time and gently massage this in:

2. Wash your baby's hair in the bath using a gentle shampoo:

3. After bathing, gently brush out your baby's hair and remove the scales using a soft brush.



What to do if it worsens:

For more severe infantile seborrhoeic dermatitis, or where it is causing redness or itching, prescription treatments can be used:



Your skin care plan:

Want more information?

dermnetnz.org
dermcoll.edu.au/a-to-z-of-skin

This factsheet was developed as part of the Koolungar Moorditj Healthy Skin Project.