

# Baby Skin Care and Weaning Food

Supervised by

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Let me give you  
some tips on skin care  
and the key points of  
weaning food.



The mascot of the Mie  
Support Network for Raising  
Next-Generation Children

**Mipple**



Otsuka Pharmaceutical has signed a comprehensive agreement with Mie Prefecture, and is cooperating in efforts to improve the health of the citizens of the prefecture.



Mie Prefectural Government



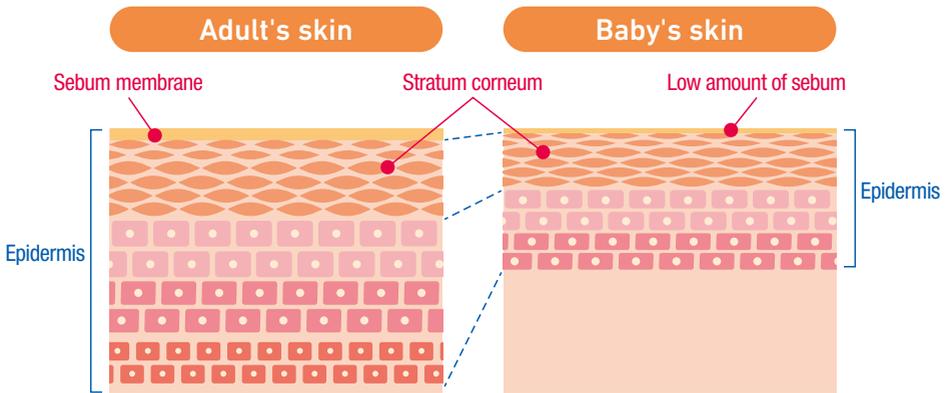
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# Differences between adult skin and baby skin

The thickness of a baby's skin is about 1 mm, which is only half that of an adult's skin.

Until about 4 months after birth, sebum is abundantly secreted by the action of the mother's progesterone. However, after 4 months, the amount of sebum secreted suddenly decreases to about one-third that of adults (adults in their 20s).

Because the low amount of sebum leads to an insufficient barrier function of the skin, the skin becomes susceptible to external stimuli.



 Have you noticed any difference from your baby's usual skin condition?



Cited from "A Private Doctor's Home Medical Guide" by Dr. Ryohei Miyake, Miyake Medical and Cardiovascular Clinic.



Redness, itchiness, dryness, etc. of the skin are signs of skin problems.

# Key points for washing your baby's body

## 1 Lather the soap well

Foam is an indicator of detergency. The foam serves to remove dirt from the skin and cover the skin. It also serves as a cushion to reduce stimuli caused by friction on the skin.

**Make fine, firm foam that won't fall off even when the palm of your hand is facing down.**



## 2 Gently wash with the palm of your hand, without rubbing

Once you have made fine foam, **wash the body with plenty of the foam** (this is key). However, just applying the foam to the skin will not remove the dirt. Therefore, wash all over the body thoroughly with your hands. **Gentle washing with your palms**, without rubbing hard, will clean your baby's skin.

## 3 Moisturize the skin

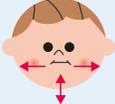
**After cleaning the skin by washing the face and body during bathing, apply a moisturizing cream, lotion or oil.**

If your baby has been prescribed a topical agent that suppresses skin inflammation such as atopic dermatitis or a moisturizer that protects the skin from drying, apply it according to the doctor's directions.

# For weaning food, refer to the "Support Guide for Breastfeeding and Weaning"

For healthy and sound growth, it is important to start eating well-balanced food at the right time. If you delay the start of a weaning diet because you are overly concerned about allergies even though there are no symptoms, it may make your baby vulnerable to allergies. Please refer to the Support Guide for Breastfeeding and Weaning shown below.

## ● Weaning process guide

		Start of weaning  Completion of weaning			
		The following information is provided only as a guide. It should be adjusted according to your child's appetite, growth, and development.			
		Early weaning period Around 5-6 months after birth	Middle weaning period Around 7-8 months after birth	Late weaning period Around 9-11 months after birth	Weaning completion period Around 12-18 months after birth
Guidelines for feeding		<ul style="list-style-type: none"> <li>○ Start with one spoonful a day, while observing how your baby is eating.</li> <li>○ Give as much breast milk or infant formula as they want to drink.</li> </ul>	<ul style="list-style-type: none"> <li>○ Feed your child twice a day and try to maintain a regular eating rhythm.</li> <li>○ Gradually increase the type of food, so that your child can enjoy various textures and tastes of food.</li> </ul>	<ul style="list-style-type: none"> <li>○ Advance to feeding three times a day while maintaining a regular eating rhythm.</li> <li>○ Have your child accumulate pleasant experiences of mealtimes by eating together with the family.</li> </ul>	<ul style="list-style-type: none"> <li>○ Centering on the three-times-a-day eating rhythm, create a rhythm of daily life for your child.</li> <li>○ Allow your child to eat with his or her hand to enhance the pleasure of eating by him or herself.</li> </ul>
Form of preparation		Smoothly mashed	Soft enough to be mashed with the tongue	Soft enough to be mashed with the gums	Soft enough to be chewed with the gums
Amount per meal					
I	Grains	Start with smoothly mashed, thin rice porridge. Also let your baby try mashed vegetables and fruits.  After your baby gets used to eating, let your baby try mashed tofu, white fish meat, egg yolk, or the like.	Rice porridge prepared at a rice-to-water ratio of 1:5 (50-80 g)	Rice porridge prepared at a rice-to-water ratio of 1:5 (90 g) or soft boiled rice (80 g)	Soft boiled rice (90 g) or regular boiled rice (80 g)
II	Fruits and vegetables		20-30 g	30-40 g	40-50 g
III	Fish		10-15 g	15 g	15-20 g
	or Meat		10-15 g	15 g	15-20 g
	or Tofu		30-40 g	45 g	50-55 g
	or Eggs	1 egg yolk or 1/3 of a whole egg	1/2 of a whole egg	1/2 to 2/3 of a whole egg	
	or Dairy products	50-70 g	80 g	100 g	
Timing of teething		Baby teeth will start to erupt.	At around 1 year of age, all of the 8 front baby teeth will have erupted.  During the latter half of the weaning completion period, the back teeth (the first primary molars) will start to erupt.		
Development of eating function	The child can take in and swallow food while closing the mouth.	The child can mash food with the tongue and the upper jaw.	The child can mash food with the gums.	The child can use teeth.	
					

Note: Feed your child with food that is prepared to make it easy to eat, with due consideration given to hygiene.

## Please seek medical attention in the following cases:

My baby's skin is somewhat different from usual . . .



Could it be an allergy?

It is important for babies to maintain healthy skin.  
Does your baby have reddish or dry skin?

If you notice that your baby's skin is different from usual or have concerns about the skin condition, please consult a doctor immediately.



Providing appropriate treatment from an early stage will increase the possibility of preventing the onset and worsening of atopic dermatitis and food allergies.



**If you have any concerns about your baby's skin condition, seek medical attention instead of worrying alone.**

