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5 surprising facts about your baby's skin

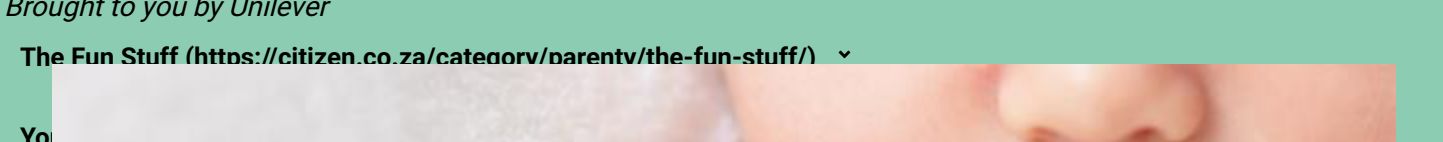
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(https://citizen.co.za/parenty/2275990/5-surprising-facts-about-your-babys-skin/)

The human body is remarkable, and most mothers will tell you that a baby's body is weird and wonderful in its particular way. Here are some incredible facts about baby skin that might blow your mind.

Skin care is one of the keys to future health

An infant's system is immature – the first few encounters they have with the world help them to develop their immunities. Just like feeding and sleeping, baby skin (https://www.dove.com/za/baby.html) care and hygiene is an essential part of your baby's future health. A clean environment and baby specific bath products are an indispensable way to help to protect your child against germs and viruses. To make clean-ups, nappy changes and even first sponge baths easier, baby wipes (https://www.dove.com/za/baby/baby-wipes.html) are ideal. Opt for a gentle wipe for sensitive skin to cleanse and protect without irritating baby's delicate skin.

Their skin is living

The skin contains loads of living organisms on them called bacteria. These bacteria are essential for a normal and healthy skin-system called a microbiome (https://www.dove.com/za/baby/more-from-baby-dove/baby-care-tips/baby-skin-microbiome.html). The trillions of living bacteria on your skin can have a significant impact on its overall and future health which is why safeguarding it from the start is so essential.

Microbiome bacteria are unique

It all starts at the moment of birth – baby skin begins to develop its microbiome the instant it enters the world. But did you know that almost half of the species in your skin's microbiome cannot be synthetically grown in culture – this means that they are produced exclusively on the surface of the skin. Because they are unique, they should be protected – so choose baby products that will gently nourish and protect your baby's skin.

The first few months will impact forever

Nurturing and keeping your baby's skin clean early on, will help to set up their natural defences. In essence, it's the genesis of their microbiome. Resident flora (or bacteria) strengthens the skin's first defences while prebiotics is the food that nourishes it. To help safeguard the mutual relationship between skin and its bacteria, choose baby products that are mild and gentle but also packed with nutritious prebiotics. The microbiome is a living, dynamic frontline for your baby's skin – so take care of it.

Physical touch creates love

Your little one's skin is sensitive to just about everything, which surprisingly has its perks. For instance, their skin is more receptive to things like your touch, which means they respond to your contact differently. When you touch your little one, you stimulate the production of their feel-good hormones, including the hormone responsible for love, oxytocin. When you make contact between your skin and your baby's, you are physically creating love which is why skin to skin (https://www.dove.com/za/baby/more-from-baby-dove/baby-care-tips/benefits-of-baby-massage-for-your-newborn.html) bonding is so effective.

Your little one is an individual in almost every way, and their skin is no exception. Enjoy all the fantastic things that you learn from them and remember – there are no perfect moms, only real ones.

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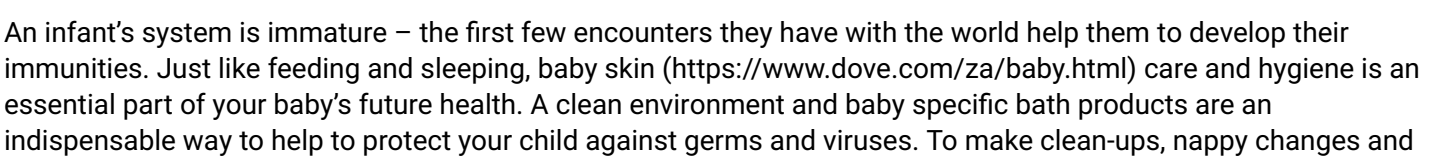
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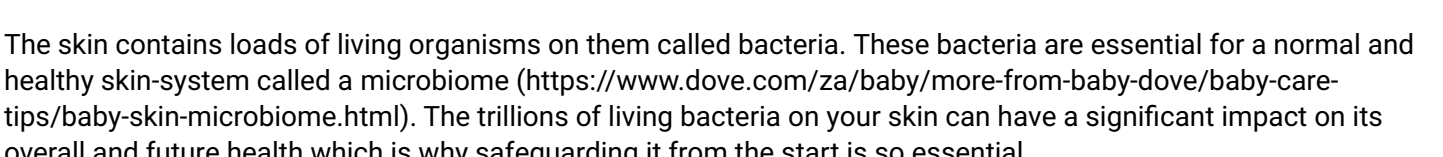
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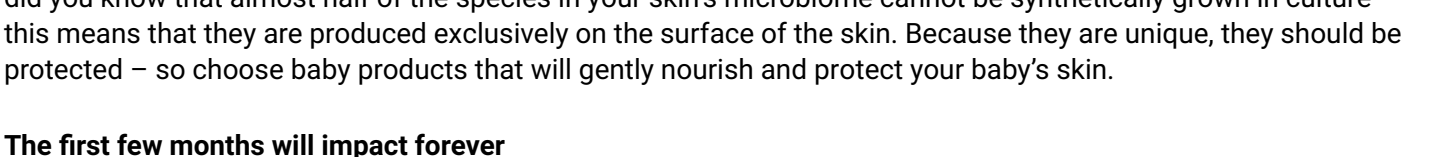
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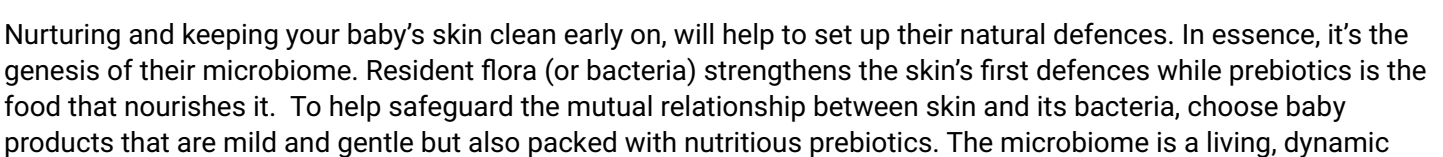
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