THE
SOLINGER METHOD
by Root Health L.L.C.

Pediatric Cradle Cap Support

FUNCTIONAL WELLNESS SUPPORT PLAN

Pediatric Cradle Cap Support

Root Health L.L.C, The Solinger Method

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What Is Cradle Cap

Cradle cap, medically called infantile seborrheic dermatitis, is a common and harmless scalp condition seen in newborns and young infants. It appears as yellow or white scales, flakes, or patches that seem oily or crusted. Although it can look dramatic, cradle cap is not painful or itchy and does not bother the infant.
From a naturopathic perspective, cradle cap reflects a combination of:

• immature sebaceous gland activity,
• microbiome shifts on the skin surface,
• residual maternal hormones circulating in the infant,
• skin barrier development in early life.

Cradle cap is **not an infection**, **not contagious**, and **not caused by poor hygiene**. It typically resolves on its own within the first few months of life with gentle support.

While it most commonly appears on the scalp, cradle cap may also present around the eyebrows, behind the ears, and in skin folds.

Signs and Symptoms

• Yellow or white greasy flakes on the scalp
• Crusty patches that may appear thick
• Mild redness under the scales
• Flakes around the eyebrows or forehead
• Occasional spread to ears or neck folds

Common Contributors

Maternal Hormone Influence

Maternal hormones still circulating in the infant can stimulate overproduction of sebum.

Immature Skin Barrier

Newborn skin is still learning to regulate oil production and microbial balance.

Yeast Overgrowth on the Scalp

A mild overgrowth of Malassezia yeast may contribute for some infants.

Dry Indoor Air

Cold weather or heated indoor environments can worsen flaking.

Build Up of Natural Oils

Sebum plus shed skin cells create the classic flakes.

When to Seek Medical Care

• If the rash appears veryred, oozing, or infected
• If the infant seems bothered or itchy
• If cradle cap spreads widely or becomes severe
• If there is significant hair loss
• If symptoms do not improve after several weeks of supportive care
Most cases are simple and resolve with basic measures.

Functional Wellness Support

Gentle Daily Scalp Care

Natural Oil Softening

One of the most effective approaches is softening the scales before removal.
Use a small amount of:
• organic coconut oil,
• olive oil,
• jojoba oil,
• or a professional cradle cap conditioning oil.
Massage gently into the scalp and allow it to sit for fifteen to thirty minutes.

Soft Brushing

Use a soft baby brush or silicone cradle cap brush to loosen flakes gently. Avoid forceful scraping which may irritate the skin.

Mild Cleansing

Wash the scalp with a gentle, fragrance free baby shampoo two to three times per week to prevent build up.

Supporting the Infant Skin Barrier

Avoid Overwashing

Daily shampooing dries the scalp and increases flaking.

Use Warm, Not Hot Water

Protects delicate scalp tissues and prevents irritation.

Hydration and Humidity

A cool mist humidifier may reduce dryness and flaking during winter months.

Naturopathic Topical Approaches

Calendula Infused Oil

Soothes redness and supports barrier healing.

Chamomile

Calming to irritated skin and helpful in mild redness.

Coconut Oil

Softens scales and has mild antimicrobial effects.

Root Health L.L.C Healing Salve

Gently applied to small areas of redness around the scalp or behind the ears, this salve supports skin healing, reduces irritation, and nourishes the barrier. Available in the Shop section of the website.

Looking Deeper When Cradle Cap Is Persistent

While most cases are simple, persistent or recurrent cradle cap may reflect:
• microbiome imbalance,
• early signs of infant eczema,
• food sensitivities transmitted through breast milk,
• digestive imbalance,
• or a need for enhanced skin barrier support.

If cradle cap is severe or long lasting, a deeper evaluation may be recommended.

Pediatric Supplement Blends

Only used when indicated, not routinely required.

Infant Probiotics

Support skin and gut microbiome development.

Vitamin D3 Drops

Support immune maturation and skin health when infants are deficient.

Pediatric Dosing Guidelines

These supports help regulate infant skin oil production, reduce yeast overgrowth on the scalp, and support healthy skin turnover.

Vitamin D

Supports skin integrity and immune balance.

• Infants, four hundred IU daily

Infant Probiotics

Cradle cap is often linked to mild microbiome imbalance. Probiotics help regulate the skin gut axis.

• Infants zero to twelve months, one to five billion CFU daily

Omega Three Fatty Acids (for breastfeeding mothers)

Breastfed infants benefit indirectly through maternal intake. Helps reduce infant inflammation and dryness.

• Maternal dose, one thousand to two thousand milligrams daily

Biotin (for older infants if cradle cap persists beyond six months)

Supports keratin production and healthy skin turnover.

• Infants six to twelve months, one to two hundred micrograms daily

Chamomile (glycerite)

Supports skin comfort if cradle cap causes mild irritation.

• Infants, five to ten drops one to two times daily

Topical Supports

Root Health L.L.C Healing Salve

Supports barrier repair and soothes areas that become irritated or flaky.

Available in the Shop section.

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Supplement Access

A complete supplement protocol for Pediatric Cradle Cap Support is available in Fullscript under Protocols, listed by the matching condition name. Parents can create a free account to view the recommended professional grade formulations that support infant skin health and microbiome balance.

Parent Friendly Summary

Cradle Cap Is Common and Harmless

Cradle cap is not an infection, not caused by poor hygiene, and not dangerous. It is a temporary scalp condition due to immature skin and oil glands.

Simple Home Support

- Massage coconut or olive oil into the scalp
- Gently brush loose flakes
- Wash with mild baby shampoo a few times weekly
- Use a humidifier in dry seasons
- Apply calendula or chamomile infused oils
- Apply Root Health Healing Salve on any irritated areas

When to Recheck

Seek support if the scalp becomes very red, oozing, irritated, or does not improve over several weeks.

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