



# THE SOLINGER METHOD

by Root Health L.L.C.

## **Pediatric Diaper Rash Support**

### **FUNCTIONALWELLNESS SUPPORTPLAN**

Pediatric Diaper Rash Support

Root Health L.L.C, The Solinger Method

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What Is Diaper Rash

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Diaper rash, medically called diaper dermatitis, is inflammation or irritation of the skin in the diaper area. It occurs when moisture, friction, stool enzymes, urine, and microbial overgrowth overwhelm the delicate skin barrier. Diaper rash is extremely common in infants and toddlers, especially during periods of teething, illness, or diet changes.

From a naturopathic perspective, diaper rash reflects a combination of barrier breakdown, skin microbiome imbalance, digestive shifts, and increased inflammatory signaling in the diaper area. Healthy infant skin is thin and more permeable, making it more vulnerable to irritation. When the protective barrier is compromised, redness, inflammation, and discomfort appear quickly.

Most diaper rashes respond beautifully to moisture management, gentle cleansing, barrier repair, and botanical support. However, the goal is always twofold: soothe the skin and identify the underlying contributor.

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## Signs and Symptoms

- Redness in the diaper area
- Warm or inflamed skin
- Small bumps or patches
- Peeling or chafed skin
- Increased irritability during diaper changes
- Shiny or raw appearing skin
- Rash that worsens after stool exposure



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## Common Contributors

### Moisture and Friction

Prolonged exposure to urine or stool softens the skin and increases irritation.

### Stool Enzymes

Digestive enzymes in stool can irritate the skin, especially during diarrhea or teething.

### Yeast Overgrowth

Candida thrives in warm and moist environments and may create a more intense, bright red rash with satellite bumps.

### Diaper Type

Some infants react to certain diaper brands, wipes, or detergents.

### Food Sensitivities

Occasionally triggered by acidic foods or food sensitivities transmitted through breast milk.

### Antibiotic Use



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Alters gut and skin microbiome balance, increasing yeast overgrowth.

### **Lack of Airflow**

Continuous diaper use reduces evaporation and increases moisture.

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## **When to Seek Medical Care**

- Persistent rash not improving after three to five days
- Signs of yeast such as bright red rash with small satellite spots
- Open sores or bleeding
- Fever
- Rash spreading beyond the diaper area
- Severe pain or swelling

Most diaper rashes improve quickly when the skin environment is balanced and the barrier is restored.

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## **Functional Wellness Support**

### **Gentle Cleansing and Moisture Control**

#### **Clean With Warm Water**

Use warm water or fragrance free wipes. Avoid wipes containing alcohol or perfumes.

#### **Pat Dry, Do Not Rub**

Gentle drying protects the skin barrier.

#### **Diaper Free Time**

Allow the skin to air dry several times daily to reduce moisture and irritation.

## **Barrier Protection**

#### **Zinc Oxide Creams**

Act as a protective barrier against moisture and reduce inflammation.



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### **Coconut Oil**

Provides mild antimicrobial action and supports skin barrier repair.

### **Shea Butter**

Nourishes the skin and helps with hydration balance.

### **Root Health L.L.C Healing Salve**

An excellent option for soothing irritated skin, reducing inflammation, and restoring the barrier. It can be applied during each diaper change, especially for rashes with redness or irritation. Available in the Shop section of the website.

## **Yeast Focused Support**

### **If Yeast Is Suspected**

Candida related rashes appear bright red and may have small satellite lesions. They are more persistent and may worsen with standard barrier creams alone.

Helpful supports include:

- Coconut oil with its natural antifungal properties
- Probiotic support for the infant
- Air exposure to reduce moisture
- Botanical anti yeast preparations applied topically (gentle calendula or chamomile infusions)

## **Reduce Irritation**

### **Avoid Harsh Products**

No scented wipes, bubble baths, or detergents.

### **Switch Diaper Brands**

Some infants react to certain diaper materials or wipes.

### **Warm Oat Bath**

Soothes inflamed skin and reduces discomfort.

### **Baking Soda Bath**

Add one to two teaspoons to warm bathwater to neutralize acidity and calm irritation.

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# When Diaper Rash Indicates a Deeper Issue

Persistent or recurring diaper rash can sometimes reflect deeper contributors such as:

- food sensitivities,
- gut dysbiosis,
- yeast overgrowth,
- stool acidity from digestive imbalance,
- or nutrient deficiencies that affect skin repair.

If diaper rash keeps returning despite appropriate care, a deeper digestive assessment may be helpful.

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## Pediatric Supplement Blends

### Infant Probiotics

Support gut and skin microbiome balance.

### Vitamin D3 Drops

Support immune and skin health when deficient.



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## Pediatric Dosing Guidelines

### Infant Probiotics

Follow product specific dosing, typically one scoop or drop daily.

### Vitamin D3

- Exclusively breastfed infants, four hundred IU daily
  - Formula fed infants, dose varies by intake
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# Supplement Access

A complete supplement protocol for Pediatric Diaper Rash Support is available in Fullscript under Protocols, listed by the matching condition name. Parents may create a free account to view recommended professional grade infant safe formulations.

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## Parent Friendly Summary

### Diaper Rash Is Common and Easily Treated

Most diaper rashes improve with gentle cleansing, moisture reduction, and restoring the skin barrier. Yeast related rashes may need additional support.

#### Simple Home Support

- Clean with warm water
- Pat dry and offer diaper free time
- Use zinc oxide or coconut oil for barrier protection
- Apply Root Health Healing Salve at each diaper change
- Warm oat or baking soda bath for soothing
- Consider probiotics if rashes are frequent

#### When to Recheck

Seek help if the rash is very red, not improving in three to five days, shows signs of yeast, or appears painful.



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