

# A childhood is a promise that never kept

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## INTRODUCTION

Childhood is one of the beautiful phase of human life. It is time to explore at this stage when we grow upon words broader (to make something wider). It is important to create a healthy and happy childhood the easiest way to do this is providing the best upbringing good things in the life.

A happy childhood makes for success adulthood. Children are like vehicle without your proper destination you can drive them in any direction you want children are representative of god it is us who can give them a beautiful future today child is tomorrow responsible citizen.

Diaper dermatitis is an inflammation of the skin due to prolonged contact with various irritant such as stool urine and moisture as a result of use the condition occasional enhanced bacterial.

The highest incidence is children younger than 2 years because of higher percentage of children use diaper.

Daily care concern trend to focus on promoting children development include self-feeding and toilet training.

There is a high risk of children contacting contagious disease especially gastrointestinal tract. The prevalence of diaper dermatitis and its associated factor among children aged 2 to 4 year attending daily care.

## DESCRIPTION

**Why dermatitis occur in child:** Diaper dermatitis also known as diaper rash, is a common condition the affect infant and children.

It occurs due to several factors including:

- Moisture
- Chemical irritant
- Yeast and fungal infection
- Allergic reaction

**Moisture:** One of the primary cause of dermatitis is prolonged exposure to moisture when a baby diaper is wet or soiled it create warm and damp environment that can irritate the skin.

**Chemical irritants:** The materials used in diaper such as dyes, fragrance in absorbent core can irritate the delicate skin babies.

**Yeast and fungal:** The warm and moist environment created by diaper provide in ideal breeding ground for yeast of fungal infection.

**Allergic reaction:** Some children may have sensitive skin can be allergic to certain substances found in diaper such a later or specific ingredient in the diaper cream or wipe used.

**Definition:** Diaper dermatitis is one of the most common dermatose according in the fancy. It an irritant dermatitis in which a variety of factor act in correct to produce inflammation of the diapered skin the differential diagnosis include many common and some uncommon condition successful treatment required detailed instructions to care giver regarding some hygiene procedure and diapering particles.

Diaper rash, diaper dermatitis is a general term describing any of a number of inflammatory skin condition that can occur in diaper area.

## Risk factors

- Babies between 8 to 10 months of age.
- Babies are not kept clean and dry.
- Babies who have frequent stools.
- Babies begin to eat solid foods.
- Babies are talking antibiotics.
- Babies whose mothers are talking antibiotics.

## Impact of diaper dermatitis

- **Discomfort and pain:** Diaper dermatitis can cause for a discomfort itching and pain for the affected child. This can make the fussy, irritable and difficult to soothe the constant presence of a diaper can exacerbate the discomfort making it challenging for the child to find relief.
- **Sleep disturbances:** The discomfort associated with diaper dermatitis can disturb the child's sleep pattern leading to frequent, awaking during the night this can not only affect the child well-being but also impact the quality of sleep for parent or care givers who are attending to the child.
- **Skin breakdown and infection:** If diaper dermatitis is severe or left untreated, it can lead to skin break down and open sores. This increases the risk of secondary bacterial or fungal infection which can further complicate the condition.
- **Impact on daily activity:** Diaper dermatitis can interfere with daily activities such as diaper changes bathing and dressing the child. The affected area is sensitive and any contact or friction can cause pain and discomfort for the child.
- **Emotional impact on parents:** Diaper dermatitis can cause worry and distress for parents or care givers. They may feel guilty or responsible for their child discomfort and may be concerned about finding the right treatment to alleviate the rash.
- **Breaking the bond for mother and child:** While the baby was affected by diaper dermatitis, then the baby was isolated from the mother, hence the bond between mother and child breaks.

## Statistical data about childhood diaper dermatitis

A total of 1153 children were recruited for the study. 585 (49.3%) girls their ages their ranged from 1 to 24 months (median=six months) with a mean age of 8.7 months (SD4.3). The prevalence of diaper dermatitis was 36.1% (416/1153). The highest prevalence was among the children who were 1-6 month old (47.9%) this group also had a significant higher prevalence of diaper dermatitis than the other three age group (7-12, 13-18 and 19-24 month  $p < 0.05$ ) the variation in the prevalence of diaper dermatitis among the different age groups. There were no significant difference in term of prevalence between sexes (Boys 37.4% (219/585) versus girls 34.5% (249/721);  $p$ -value=0.31).

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## Supportive studies of diaper dermatitis

- Prevention and treatment strategies.
- Role of pH balance.
- Diaper material and dermatitis.
- Probiotic and prevention.
- Impact and diaper frequency changing.
- Prevalence and risk factor.
- Treat outcome.
- Longitudinal studies.
- Comparative studies.

**Prevention and treatment:** A study published in the journal pediatric dermatology examined the effectiveness of prevention and treatment strategies of diaper dermatitis. The research concludes that the regular use of barriers, cream containing zinc oxide or petrolatum, can help prevent and treat diaper dermatitis effectively.

**Role of pH balance:** Another study investigated the role of pH balance in diaper dermatitis. It found that maintaining a slightly acidic pH in the diaper area can help prevent and manage diaper dermatitis. Using pH-buffered cleanser and barrier cream with pH-balancing properties are found to be beneficial.

**Diaper material and dermatitis:** A study published in pediatric dermatology explored the relationship between diaper material and the occurrence of diaper dermatitis. It compared disposable and cloth diapers and found that the incidence of diaper dermatitis was significantly lower in infants using disposable diapers. However, further research is needed to determine the exact reason behind the difference.

**Probiotics for prevention:** Some studies have investigated the use of probiotics in preventing diaper dermatitis. A randomized controlled trial published in the journal of clinical nursing found that applying a probiotic cream to the diaper area reduced the incidence of diaper dermatitis in infants. The researchers suggest that probiotics may help restore the natural skin flora, thereby preventing the overgrowth of harmful bacteria.

**Impact of diaper changing frequency:** One study explored the impact of diaper changing frequency on the occurrence of diaper dermatitis. It found that changing the diaper more frequently, especially during the first few months of life, helps maintain good hygiene practices, including prompt diaper changes, which is an essential aspect of preventing and managing diaper dermatitis.

## Precautions

**Change diaper frequent:** Regularly changing wet or soiled diapers is crucial to keep the baby's skin dry. Aim for at least every two or three hours during the day and once during the night.

**Clean the area gently:** Use mild, fragrance-free baby wipes or simply clean the diaper area with warm water and a soft cloth during diaper changes.

**Pat dry the skin:** After cleaning gently, pat the diaper area dry with a soft towel or allow it to air dry for a few minutes. Avoid rubbing the skin vigorously, as it can cause further irritation.

**Apply a barrier ointment:** Using a protective barrier ointment such as zinc oxide or petroleum jelly can create a barrier between the baby's skin and moisture. Apply a thin layer of ointment during each diaper change.

**Choose breathable diaper:** Opt for a diaper that is breathable and absorbent. Avoid tight-fitting diapers and those with synthetic materials, as they can trap moisture and heat, leading to irritation.

**Give diaper-free time:** Whenever possible, allow your baby to have some diaper-free time, especially after a diaper change. This allows the skin to breathe and helps prevent moisture.

**Avoid potential irritants:** Be mindful of potential irritants that can worsen diaper dermatitis. These include harsh detergents, fabric softeners, and certain diaper creams. Stick to gentle, hypoallergenic products.

**Be cautious with new food:** Introducing new food to your baby's diet can sometimes lead to changes in bowel movement and increased acidity in urine, which may contribute to diaper dermatitis. Monitor your baby's reaction to new food and make any necessary adjustments.

**Consult a health care professional:** If diaper dermatitis persists or becomes severe despite taking precautions and home remedies, it's important to consult a healthcare professional. They can provide a proper diagnosis and recommend suitable treatment options.

## Parents responsibilities of diaper dermatitis

**Recognize the symptoms:** Parents should be vigilant and recognize the signs of diaper dermatitis, such as redness, rash, and irritation in the diaper area. Early identification allows for prompt intervention.

**Seek medical advice:** If the diaper rash persists, worsens, or is accompanied by other symptoms such as fever, blisters, or pus-filled sores, parents should seek medical advice from a healthcare professional. They can provide an accurate diagnosis and recommend appropriate treatment.

**Maintain proper hygiene:** Parents should ensure proper hygiene practices to keep the diaper area clean. This involves regular diaper changes, gentle cleaning with mild wipes or warm water, and thorough drying before applying any creams or ointments.

**Monitor the diaper area:** Parents should keep a close eye on the diaper area to monitor the progress of the rash. Regularly check for any changes in severity, color, or texture of the rash and report any concerns to the healthcare provider.

**Communicate with caregivers:** If the child spends time with other caregivers, such as grandparents or daycare providers, parents should communicate the child's condition, treatment plan, and any specific instructions to ensure consistent care and adherence to the recommended measures.

## CONCLUSION

Diaper dermatitis, a common condition in infants, results from prolonged moisture, chemical irritants, infections, and allergies. Prevention and treatment involve regular diaper changes, proper hygiene, and protective ointments. Parents play a vital role in early recognition, maintaining cleanliness, and seeking medical advice when needed. By following these steps, we can ensure a healthier, more comfortable childhood, minimizing the impact of diaper dermatitis.