

# lock lustre

Keep kids' scalps healthy, and their hair looking great, with these simple strategies.



**EVEN LITTLE HEADS OF HAIR CAN BE** bothered by seemingly grown-up issues, says dermatologist and director of the Toronto Dermatology Centre, Benjamin Barankin. But, you can banish itchy scalp, pesky flakes and oily strands. Here's how.

## Fight those flakes

An oily scalp causes dead skin cells to bind together as they shed, creating bigger, more noticeable flakes. An overgrowth of the sebum-loving fungus called malassezia can also develop, resulting in even more of the white stuff. Regular use of a medicated shampoo containing zinc pyrithione or selenium sulfide will solve the problem. The adult formulations are safe for kids but should be used carefully because they can irritate eyes.

## Soothe a scaly scalp

Large yellowish flakes on your baby's scalp could be cradle cap, a condition caused by a buildup of sebum and sometimes fungus. Washing more frequently can help, but if the scalp is thickly crusted, this home remedy might do the trick: Rub a small amount of olive oil into the scalp, wash hair normally, then brush off loose flakes with a soft toothbrush. Cradle cap isn't usually anything to worry about, but if the skin looks swollen or doesn't clear up within a few months she may need an oral antibiotic or medicated lotion.

## Say bye-bye to oily hair

Oily hair is a common problem as kids hit puberty, but some younger children also experience greasy-looking strands. If they have fine, straight hair – as opposed to thick, curly locks – the excess oil will be more obvious. Oily hair can be solved with daily shampooing using a gentle, fragrance-free product. Skip the conditioner altogether, or alternate with a leave-in spray applied just to the ends.

—KAREN ROBOCK

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## DRY SCALP IN THE SUMMER?

*It could be due to a mild burn. Protect little heads by applying sunscreen to the part and around the hairline, and keeping sun hats in place as much as possible.*

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