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# Adoption Expert Q&A Webinar: Skin and Hair Care

Dr. Brooke Jackson  
February 26, 2013

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**Adoptive Families**  
*"What a difference it makes to come home to a child"*

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# About Dr. Brooke Jackson

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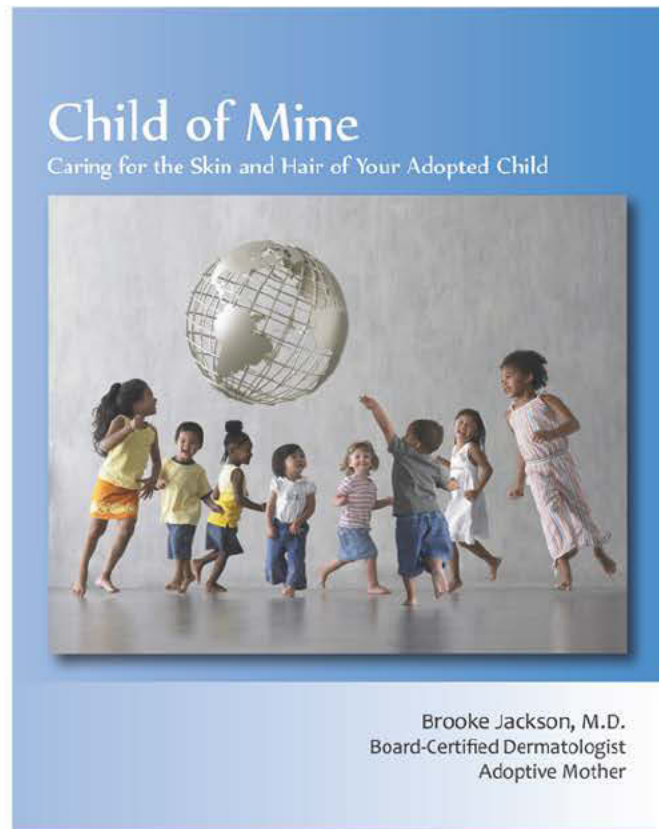


- A Board Certified Dermatologist, Dr. Jackson is considered an expert in the field of laser surgery and skin cancer treatment and prevention
- Medical Director of the Skin Wellness Center of Chicago and a Clinical Assistant Professor at Northwestern University.
- Lectures nationally on the use of lasers and cosmetic procedures in ethnic skin.
- A published writer, Dr. Jackson has written numerous articles, book chapters and a CD relevant to her specialty.
- Dr. Jackson is an avid runner, having competed in ten marathons and eight triathlons.
- She is the mother to three energetic, adoptive children.

# Child of Mine:

## Caring for the Skin and Hair of Your Adoptive Child

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- Written by Dr. Brooke Jackson and published October 2012.
- An essential resource for parents and caregivers whose children don't share the same medical history or ethnic background.
- Dr. Jackson offers her expert insight on the signs, symptoms, causes and treatment of a wide variety of different skin and hair conditions.
- The book red flags which conditions require the care of a dermatologist.
- Available in paperback for \$12.99 on Amazon.com
- Link: <http://amzn.to/ZbtXyb>

# Essential Skin Care Tips for Your Children

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- Establish a facial and body skin-care routine for your child or teen.
- Make your child's self-care routines fun to create lifetime habits. Play peek-a-boo or sing a song as you cleanse and moisturize your toddler.
- Monitor your child's skin, paying special attention to moles and warts.
- Keep well-baby and well-child appointments. Many conditions can be treated and resolved, especially if they are discovered early.
- Protect your child's skin from damaging sun rays by using products that have an SPF of 30 or higher and offer broad-spectrum UVA/UVB protection.
- Don't apply sunscreen to children under six months of age. A broad brim hat (pictured) is a great way to keep your baby safe from the sun's harmful rays.



## Getting Started: Tips for Managing Hair of All Types

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- Never pull too tightly or try to force styles that can't be accomplished.
  - Be wary of using rubber bands or hair ornaments that could easily come out of your baby's or toddler's hair and find their way into her mouth. These are choking hazards!
  - Be aware of the weather. Protect your baby's sensitive hair and tiny head from the elements (sun, heat and cold).
  - Shampoo once every week, or every two weeks if he or she has a very dry scalp.
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- Use a gentle baby shampoo specifically made for your child's hair type. Do not shampoo daily.
  - If your child's hair or scalp gets dirty on a non-shampoo day, you can rub the scalp and hair clean with a wet washcloth or dry shampoo.
  - Use a little soft bristle baby brush to gently tidy the hair.
  - Brush a baby's or child's hair in the direction of his or her natural hair pattern. Newborn hair requires little maintenance.



# Red Flags and Warning Signs: When to See a Dermatologist

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•Dermatologists are experts in the care of hair, skin and nails, therefore it would be appropriate to see a dermatologist if you have questions or concerns about your hair, skin or nails including but not limited to the following:

- if you are unsure of what you are treating
- If the condition does not improve or worsens
- If lesions are painful, growing, bleeding or changing colors
- If there are other medical conditions that may involve the skin ( ex: lupus, diabetes, etc)
- A new rash, growth or change in the status of the hair, skin or nails



# Questions?

Please enter your questions for Dr. Jackson in the box  
to your right.



Please note: Attendance and all questions are confidential.

None of the attendees of today's webinar can see the names of other attendees nor can they see the questions being submitted. Only the moderator of the webinar will see your questions.

*Adoptive Families* does not provide medical advice, diagnosis, or treatment.  
The material in this webinar is provided for educational purposes only.

# Thank You!

We have many more Adoptive Families Expert Webinars coming up.

To continue the conversation, we invite you to join us at

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