Cetaphil Baby eLearning





Narration:

Welcome to the Cetaphil Baby eLearning Module. In Lesson 1, you will learn about the unique needs of infant skin, and learn why Cetaphil Baby meets these needs. In Lesson 2, you will learn about each of the products in the Cetaphil Baby line, including key ingredients and their uses. Lesson 3 presents the main competitors for each of the products in the Cetaphil Baby line. Lesson 4 is a flashcard review of the key points of the module, and Lesson 5 is an assessment. When you are ready to begin, select Lesson 1.



Parent Perspective





Narration:

Doctor, there are so many products out there that claim to be safe and effective for cleansing and moisturizing infant skin. But I've heard of so many cases where products caused rashes and redness, or were too greasy and messy to use. I want to make sure I am using products that are safe for my baby, but that will also keep skin healthy, while being easy and practical to use.



Lesson 1 Learning Objectives





Narration:

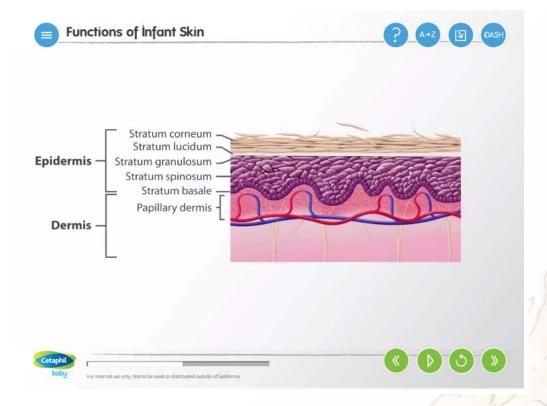
Welcome to Lesson 1. By the end of this lesson, you will be able to:

- Describe the unique needs of infant skin, and
- Summarize how Cetaphil Baby meets infant skin care needs.



Functions of Infant Skin





Narration:

To understand the importance of the Cetaphil Baby brand, you first need to become familiar with the unique characteristics of infant skin. The functions of skin remain essentially the same at all phases of life. Skin is a protective barrier, providing photoprotection, thermoregulation, immune protection, hormone synthesis, and sensory perception, and helping to prevent dehydration.

However, there are a few important structural differences between the skin of infants and the skin of adults. Here we see a section of adult skin. Notice that the outermost layer of the epidermis, called the stratum corneum, is thick and that the papillary dermis creates a distinct protective seal between the epidermis and dermis. Now let's turn back the clock to look at infant skin. The stratum corneum is thinner, and gets dehydrated more easily. This is why infant skin is prone to dryness. The papillary dermis is also thinner, and more permeable, creating less of a protective seal between the epidermis and dermis. Harsh or irritating substances can seep into infant skin more easily, increasing a baby's risk of getting rashes, redness, and other signs of irritation. In addition, infant skin loses water faster than adult skin does, having a higher transepidermal water loss that increases the risk of skin dehydration. Therefore, infant skin is in need of protection, hydration, nourishment, and care as it matures.



Benefits of Infant Message





Narration:

A practice that can help nourish and hydrate infant skin is oil massage. Neonatal and infant massage has been practiced for centuries in countries like China and India, and it has become increasingly popular in the Western world. There are considerable physical health benefits associated with infant massage, including healthy weight gain, stimulation of the circulatory system, enhanced neuromotor development, and improved quality of sleep with fewer awakenings—something parents will certainly appreciate.

There are also emotional health benefits associated with infant massage. For example, infant massage promotes bonding between baby and parent and is associated with decreased stress due to lowered levels of the hormones cortisol and norepinephrine. Infant massage has been found to be more beneficial when some kind of lubricant oil is used. Oil massage improves skin barrier function and skin condition, resulting in reduced transepidermal water loss and increased hydration.



Cetaphil baby

How Cetaphil Baby Meets Infant Skin Care Needs



Narration:

Cetaphil is a brand doctors have known and trusted for over 60 years. Cetaphil Baby has created special formulations that are designed to protect, nourish, and support delicate baby skin by delivering lasting hydration while supporting the skin barrier. All of the Cetaphil Baby products are free of ingredients that may irritate skin and that are still found in other baby skin brands. The Cetaphil Baby line is paraben free, colorant free, and mineral oil free. It is worth noting why Cetaphil has committed to making mineral oil free baby products: Mineral oil is a hydrocarbon oil, and hydrocarbon ingestion—even in small amounts—has been found to be harmful in children, causing conditions such as inflammation of the lungs. All Cetaphil Baby products are also hypoallergenic, dermatologist tested, and dermatologist recommended. While the Cetaphil core products are fragrance-free, the Cetaphil Baby line is lightly scented, deriving its scent from the organic calendula extract as well as from the inclusion of a non-allergenic fragrance.



Key Ingredient: Organic Calendula Extract





Narration:

Now we will take a closer look at the key ingredient found in every Cetaphil Baby product. It is organic calendula extract. Calendula officinalis, or marigold, is a plant native to the Mediterranean that has been used for centuries to calm sensitive and irritated skin. This yellow-orange flower has known anti-inflammatory and skin-soothing properties thanks to its flavonoids, including quercetin, and other ingredients. Organic calendula extract has been added to Cetaphil Baby products because of its ability to calm and soothe skin, and it is a safe topical ingredient for babies. In the next lesson, you will learn more about other key ingredients used in the Cetaphil Baby line of products.





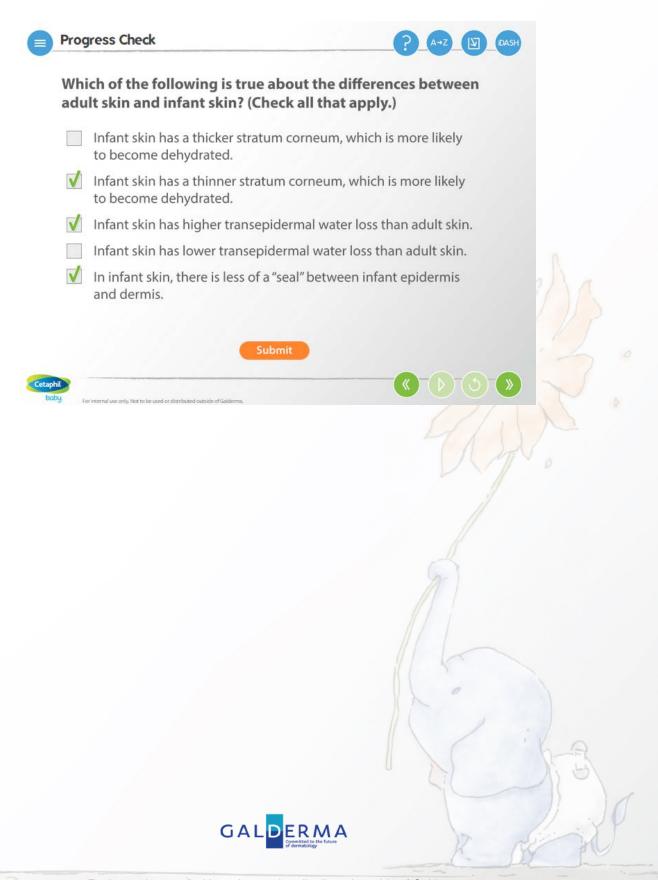
Progress Check Question 1



	th of the following is true about the differences between t skin and infant skin? (Check all that apply.)
	Infant skin has a thicker stratum corneum, which is more likely to become dehydrated.
	Infant skin has a thinner stratum corneum, which is more likely to become dehydrated.
	Infant skin has higher transepidermal water loss than adult skin.
	Infant skin has lower transepidermal water loss than adult skin.
	In infant skin, there is less of a "seal" between infant epidermis and dermis.
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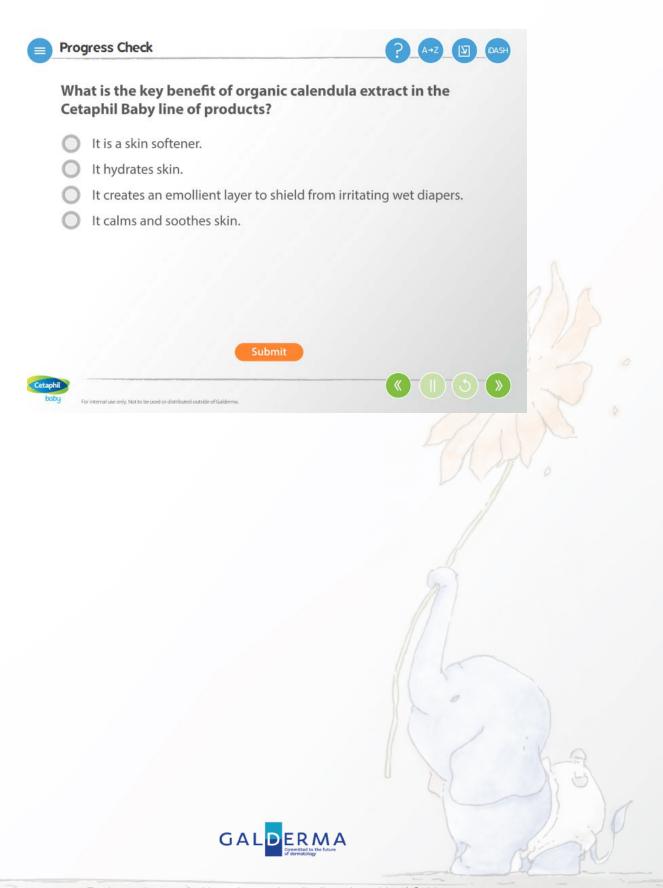
Progress Check Question 1: Answer





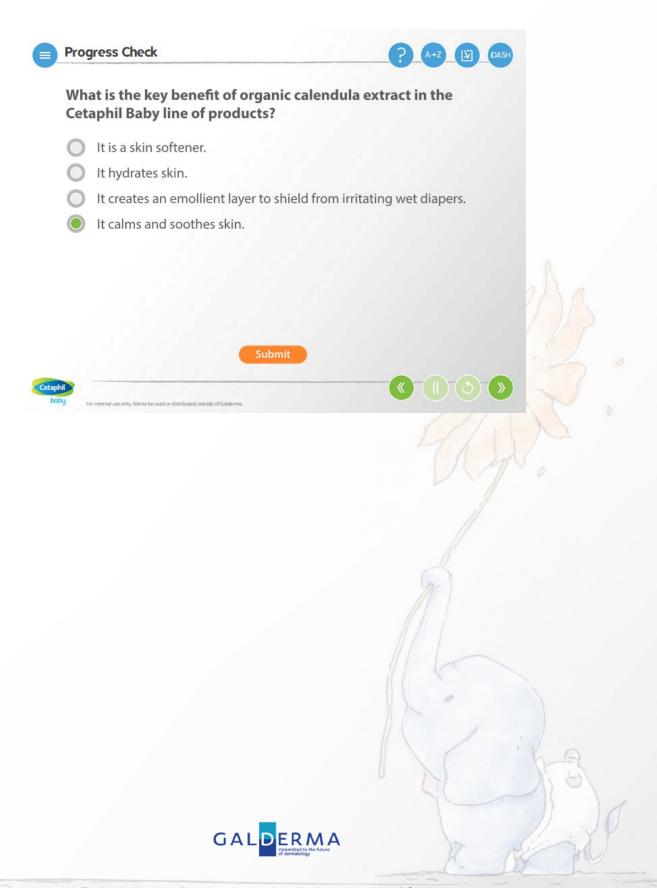
Progress Check Question 2





Progress Check Question 2: Answer





Dermatologist Perspective





Narration:

There are so many baby skin care products on the market, that I can see how it would be tough for parents to decide what's best for their baby. There are so many factors to consider: Is the product safe for infant skin? Is the product specifically formulated for the unique needs of baby skin? Is the product easy to use? Are there safe and effective baby skin care products that are reasonably priced? I consider all these factors myself—as a doctor and as a mom—when recommending a baby skin care product.



Lesson 2 Learning Objectives





Narration:

Welcome to Lesson 2 in the Cetaphil Baby eLearning Module. By the end of this lesson, you will be able to:

- Name all the products in the Cetaphil Baby line, and
- Discuss the ingredients in each Cetaphil Baby product.



Cetaphil baby

Get to Know the Cetaphil Baby Line



Narration:

Here is the Cetaphil Baby line of products: Daily Lotion, Diaper Cream, Wash & Shampoo, Ultra Moisturizing Wash, and Moisturizing Oil. Tap each product to learn about its key ingredients and benefits.





Cetaphil Baby Daily Lotion





Narration:

Cetaphil Baby Daily Lotion contains a blend of moisturizing ingredients that soothe and nourish, while protecting a baby's skin from dryness. It has been formulated without potentially irritating ingredients found in some other products: It is paraben free, colorant free, mineral oil free, and hypoallergenic. Like all Cetaphil products, it has been dermatologist tested.

This chart shows the key ingredients in Cetaphil Baby Daily Lotion. In addition to organic calendula extract—which, as you recall, calms and soothes skin—this lotion contains sunflower seed oil, which provides skin-nourishing essential fatty acids, as well as sweet almond oil, which has emollient properties.



Cetaphil Baby Diaper Cream





Narration:

Cetaphil Baby Diaper Cream creates an emollient layer to shield a baby's bottom from wetness in between diaper changes. This easy-to-apply diaper cream is also paraben free, colorant free, mineral oil free, hypoallergenic, and dermatologist tested.

In addition to organic calendula extract, Cetaphil Baby Diaper Cream contains zinc oxide, 8%. Zinc oxide is an ingredient known to have anti-inflammatory properties which has been shown to help soothe diaper rash, while creating an emollient layer to shield a baby's bottom from irritating wet diapers. The Diaper Cream also contains the skin conditioners vitamin B5 and vitamin E.



Cetaphil Baby Wash & Shampoo





Narration:

Cetaphil Baby Wash & Shampoo cleans baby skin and hair without drying. This gentle, tear-free formula also rinses clean after use, so no potentially irritating residue is left behind. This Wash & Shampoo is free of parabens, colorants, and mineral oil; is hypoallergenic; and has been dermatologist tested.

The key ingredients in Cetaphil Baby Wash & Shampoo are organic calendula extract, skin-hydrating glycerin, and the skin conditioners vitamin B5 and vitamin E.





Cetaphil baby

Cetaphil Baby Ultra Moisturizing Wash



Narration:

Cetaphil Baby Ultra Moisturizing Wash is a rich, lathering wash that contains one-third baby lotion to prevent skin drying. It is formulated to leave a baby's skin moisturized, soft, and smooth. This product is also paraben free, colorant free, mineral oil free, hypoallergenic, and dermatologist tested.

The key ingredients in Cetaphil Baby Ultra Moisturizing Wash are organic calendula extract, the skin conditioner vitamin B5, and skin-hydrating glycerin. It also contains Cetaphil Baby Lotion to moisturize skin.





Cetaphil Baby Moisturizing Oil





Narration:

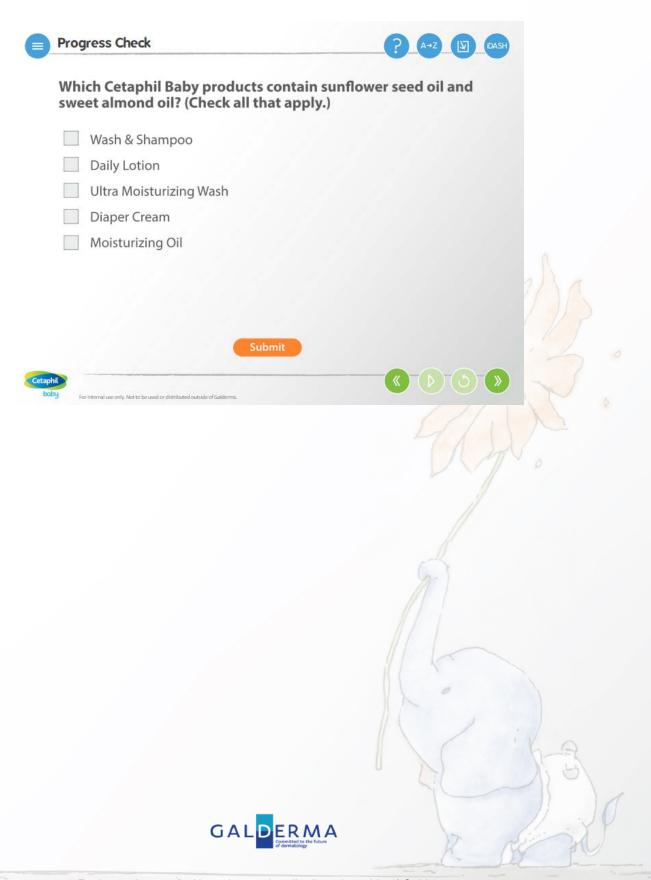
Cetaphil Baby Moisturizing Oil is a silky-smooth blend that absorbs quickly, moisturizing and protecting a baby's skin from dryness. It is an ideal oil for baby massage, a practice that not only helps soften and smooth skin, but improves parent-baby bonding and a baby's overall health and well-being. As are all the Cetaphil Baby products, this oil is paraben free, colorant free, and mineral oil free. It is also hypoallergenic and dermatologist tested.

The key ingredients in Cetaphil Baby Moisturizing Oil are organic calendula extract, sunflower seed oil, which provides essential fatty acids that replenish skin, and the emollient sweet almond oil.



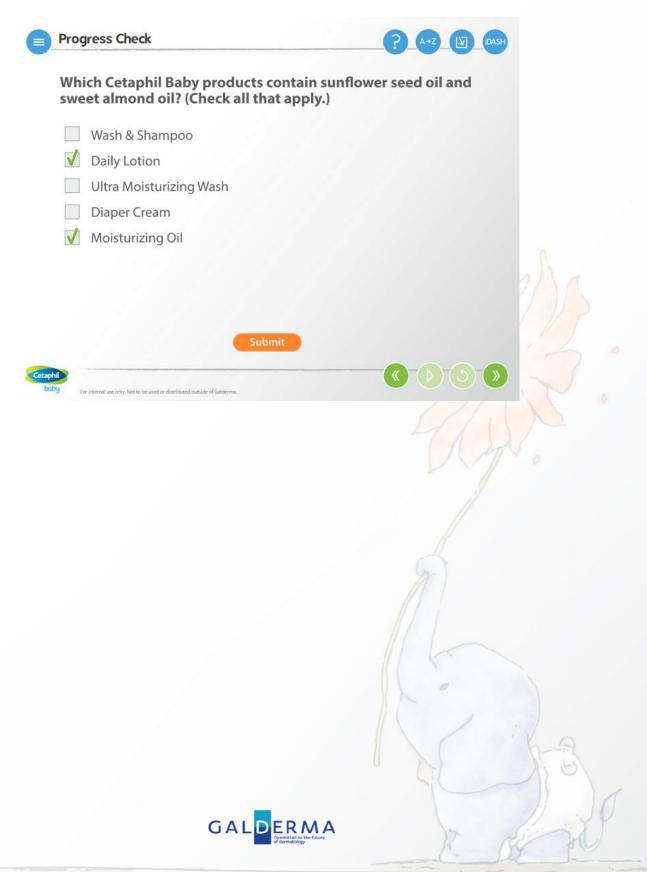
Progress Check Question 1





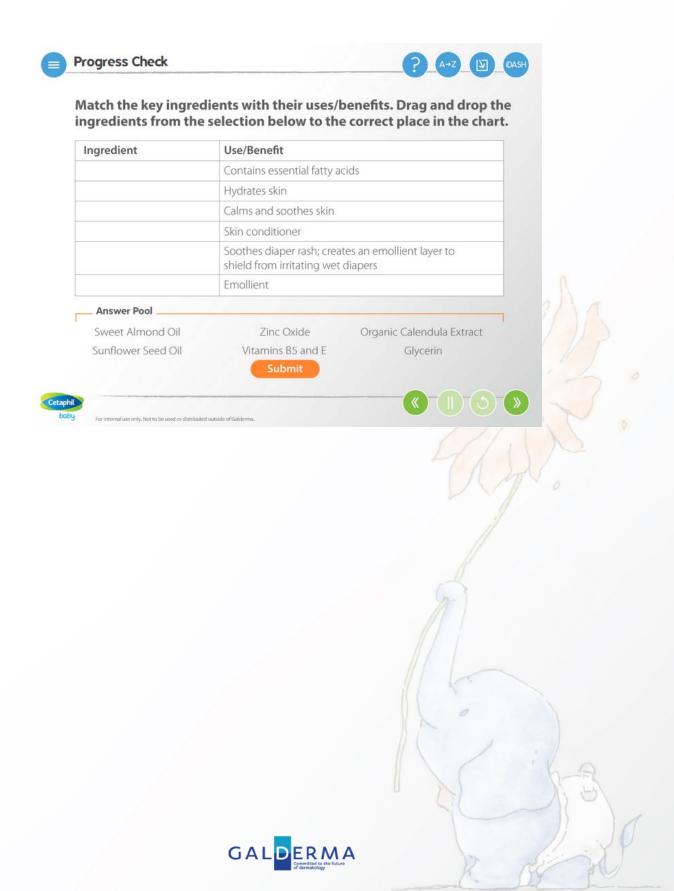
Progress Check Question 1: Answer





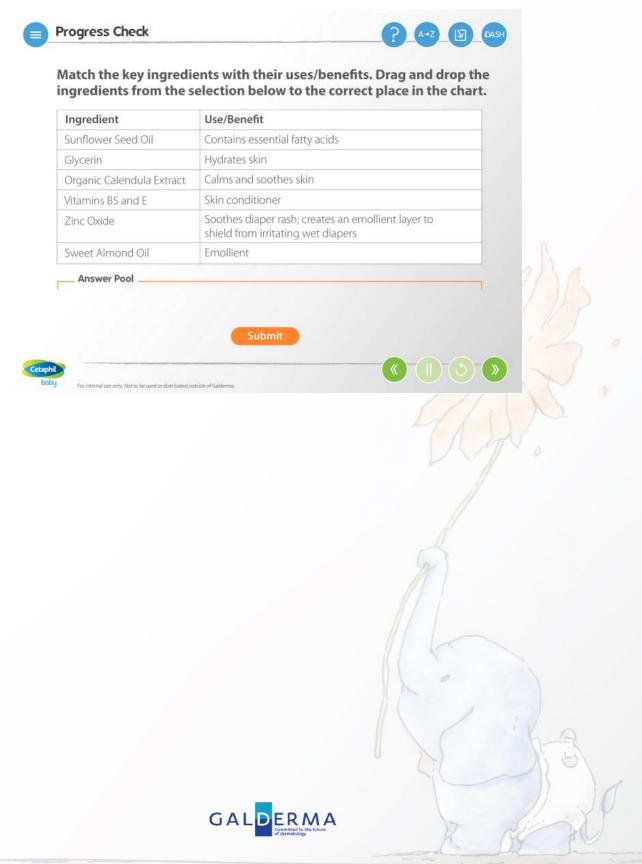
Progress Check Question 2





Progress Check Question 2: Answer





Parent Perspective





Narration:

I have been using Cetaphil Daily Lotion, the Ultra Moisturizing Wash, and the Massage Oil for my baby for a few weeks now. My baby's skin feels so soft and looks so healthy. I like that the products are safe and gentle on my baby's skin, causing no irritation at all. What I especially like about the Daily Lotion and the Massage Oil is that—unlike some other products out there—they easily absorb into the skin so there isn't a sticky or greasy feel after applying them.





Lesson 3 Learning Objectives





Narration:

Welcome to Lesson 3 in the Cetaphil Baby eLearning Module. By the end of this lesson, you will be able to:

• Describe key competitors of Cetaphil Baby products in each of the following categories: Daily Lotion, Diaper Cream, Wash & Shampoo, Moisturizing Wash, and Moisturizing Oil.



Cetaphil baby

How Cetaphil Meets Infant Skin Care Needs: Review



Narration:

Before we move on to Baby Cetaphil Competitors, take a minute to review how Cetaphil Baby meets infant skin care needs. When you are finished, tap the forward arrow to continue.



Daily Lotion Category





Narration:

Since Cetaphil Baby's Daily Lotion is the biggest seller, let's start with the Daily Lotion category. An ideal daily lotion would protect and moisturize a baby's delicate skin, and maintain and nourish the skin barrier, without causing irritation. Key competitors in the Daily Lotion category are Aveeno Baby Daily Moisture Lotion, CeraVe Baby Moisturizing Lotion, and Mustela Hydra Bébé Body Lotion. Tap each product to review additional information. When finished, tap the forward arrow to continue.

Aveeno Baby Daily Moisture contains the patented ingredient Active Naturals® Colloidal Oatmeal. The brand describes oatmeal as an ingredient that helps restore skin's normal pH and maintain skin's moisture barrier to prevent and protect dry skin.





Daily Lotion Category, Cont'd





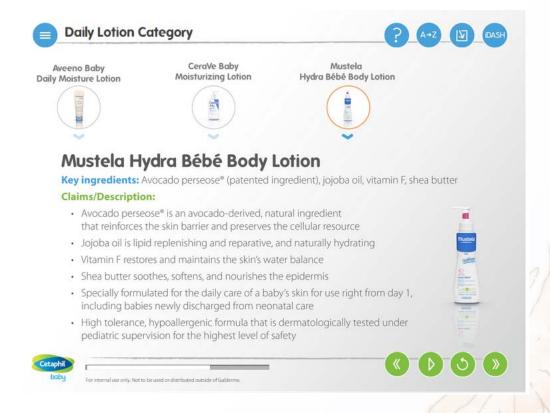
Narration

The key ingredient in CeraVe Baby Moisturizing Lotion is a patented formula of 3 essential ceramides: ceramide 3, ceramide 6-II, and ceramide 1, which help protect and maintain a baby's delicate skin barrier.



Daily Lotion Category, Cont'd





Narration

Now, let's take a look at Mustela Hydra Bébé Body Lotion. It contains a patented, avocado-derived ingredient called Avocado perseose®; jojoba oil, vitamin F, and shea butter are also listed as key ingredients. According to the brand, Avocado perseose® is a natural ingredient that reinforces the skin barrier and preserves the cellular resource. It is interesting to note that Mustela markets their baby products as specially formulated for use right from day 1, including babies newly discharged from neonatal care.





Diaper Cream Category

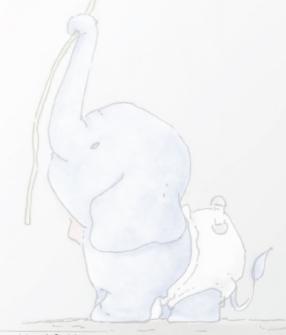




Narration:

Next, we'll review competitors in the Diaper Cream category. An ideal diaper cream would create a barrier to shield a baby's bottom from wetness. Key competitors in the Diaper Cream category are Aveeno Baby Soothing Relief Diaper Rash Cream, CeraVe Baby Diaper Rash Cream, Aquaphor Baby Healing Ointment, and Mustela 123 Vitamin Barrier Cream. Tap each product to review additional information. When finished, tap the forward arrow to continue.

The first competitor is Aveeno. In addition to the Active Naturals® Colloidal Oatmeal, Aveeno's Diaper Rash Cream contains zinc oxide, which treats and prevents diaper rash while providing a protective barrier against further irritation.





Diaper Cream Category, Cont'd





Narration:

Similar to its Daily Lotion counterpart, CeraVe Baby Diaper Rash Cream contains the patented formula of 3 essential ceramides. It also contains InvisibleZinc™, another zinc-derived ingredient that helps treat, prevent, and soothe diaper rash.



Diaper Cream Category, Cont'd





Narration:

Next, there is Aquaphor Baby Healing Ointment. While the product is not called diaper cream, it is marketed as being clinically proven to reduce diaper rash within 6 hours. Its key ingredient is petrolatum, which is described as a skin protectant that soothes irritations.

Finally, we'll take a look at Mustela 123 Vitamin Barrier Cream. Along with avocado perseose[®], key ingredients are alcacea oxeoline[®], sunflower oil distillate, and zinc oxide. According to the brand, the "123" in the product name is about the 3-step approach to complete skin care for the diaper area: prevention, relief, and repair.

Tap each product to review additional information. When finished, tap the forward arrow to continue.





Cetaphil baby

Diaper Cream Category, Cont'd



Narration:

Finally, we'll take a look at Mustela 123 Vitamin Barrier Cream. Along with avocado perseose[®], key ingredients are alcacea oxeoline[®], sunflower oil distillate, and zinc oxide. According to the brand, the "123" in the product name is about the 3-step approach to complete skin care for the diaper area: prevention, relief, and repair.





Wash & Shampoo Category





Narration:

Now for the competitors in the Wash & Shampoo category. An ideal wash and shampoo would gently cleanse a baby's delicate skin and scalp, while maintaining a baby's protective skin barrier. Key competitors in the Wash & Shampoo category are Aveeno Baby Wash & Shampoo, CeraVe Baby Wash & Shampoo, Aquaphor Baby Gentle Wash & Shampoo, Mustela 2 in 1 Hair and Body Wash, and Mustela Dermo-Cleansing. Tap each product to review additional information. When finished, tap the forward arrow to continue.

Aveeno Baby Wash & Shampoo contains Active Naturals® Oat Extract. This extract is described as being able to provide a soothing effect while gently nourishing delicate skin.



Cetaphil baby

Wash & Shampoo Category, Cont'd



Narration:

The key ingredient for CeraVe Baby Wash & Shampoo is its patented formula of 3 essential ceramides, which can help maintain a baby's protective skin barrier as it gently cleanses.



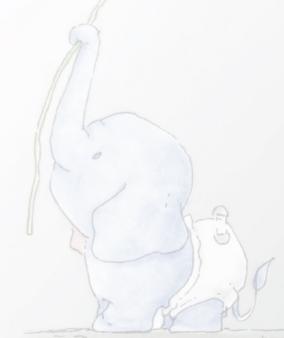
Cetaphil baby

Wash & Shampoo Category, Cont'd



Narration:

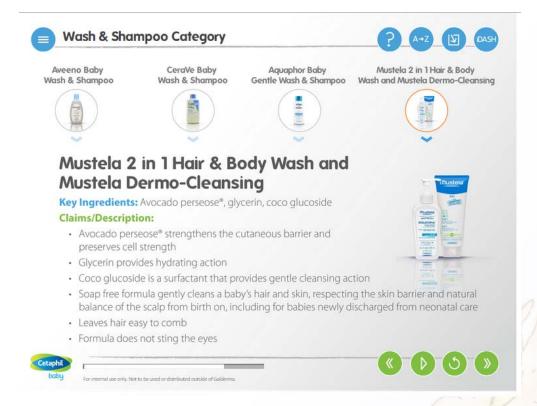
Then there is Aquaphor Baby Gentle Wash & Shampoo. It is interesting to note that the brand does not call out any key ingredients for this product.





Cetaphil baby

Wash & Shampoo Category, Cont'd



Narration:

Finally, we'll take a look at Mustela's two products in the category. The 2 in 1 Hair and Body Wash and Dermo-Cleansing, a hair and body wash gel. Along with Avocado perseose®, key ingredients are glycerin and coco glucoside, which provide hydration and gentle cleansing.





Moisturizing Wash Category





Narration:

An ideal moisturizing wash would gently cleanse a baby's delicate skin, while maintaining skin's moisture. Key competitors in the Moisturizing Wash category are Aveeno Baby Soothing Relief Creamy Wash, Eucerin Baby Cleansing Relief Body Wash, and Johnson's Baby Moisture Wash. Tap each product to review additional information. When finished, tap the forward arrow to continue.

Aveeno Baby Soothing Relief Creamy Wash contains Active Naturals® Colloidal Oatmeal, which is marketed as being clinically shown to help moisturize and relieve dry skin.





Cetaphil

baby

Moisturizing Wash Category, Cont'd



Narration:

Next is Eucerin Baby Cleansing Relief Body Wash. Its key ingredient is panthenol, which is described by the brand as a skin-nourishing ingredient derived from vitamin B5.



Cetaphil baby

Moisturizing Wash Category, Cont'd



Narration:

Johnson's Baby Moisture Wash is a gentle cleanser enriched with baby lotion. The brand does not call out any key ingredients.





Moisturizing Oil Category





Narration:

The final category we are reviewing is Moisturizing Oil. An ideal moisturizing oil would hydrate and nourish the skin, while creating a beneficial experience for a baby during massage and parent-baby bonding. Key competitors in the Moisturizing Oil category are Johnson's Baby Oil and Mustela Massage Oil. Tap each product to review additional information. When finished, tap the forward arrow to continue.

The key ingredient in Johnson's Baby Oil is mineral oil, which the brand claims locks in up to 10 times more moisture for baby-soft skin.





Moisturizing Oil Category, Cont'd





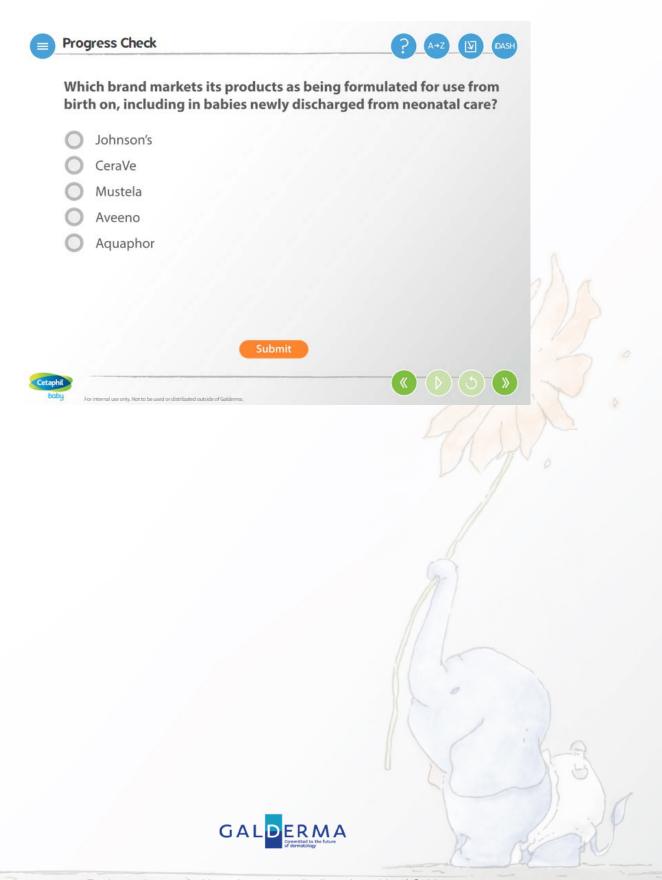
Narration:

The key ingredients in Mustela Massage Oil are avocado oil, pomegranate seed oil, and sunflower oil. Together, these hydrate, nourish, regenerate, and protect skin, according to Mustela.



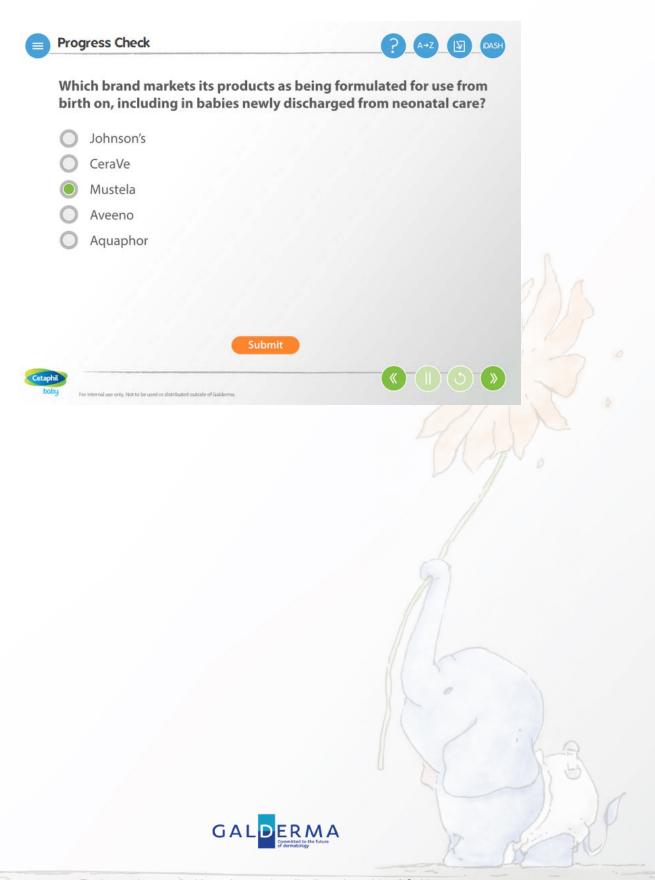
Progress Check Question 1





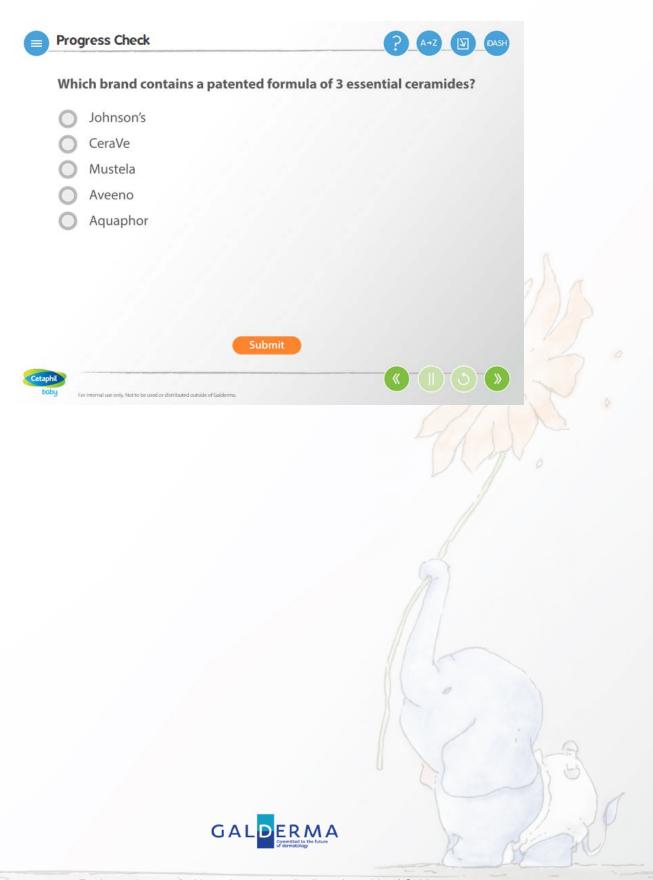
Progress Check Question 1: Answer





Progress Check Question 2





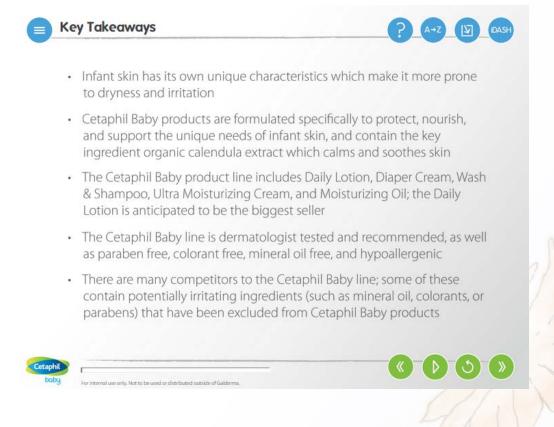
Progress Check Question 2: Answer





Key Takeaways





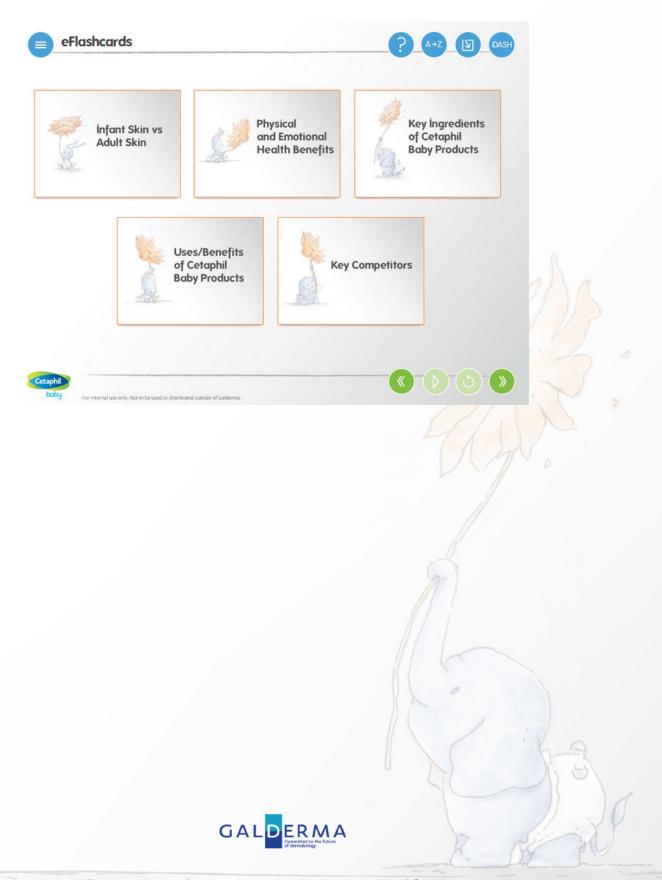
Narration:

This is the end of Lesson 3. Before moving on, take a few minutes to review the Key Takeaways from this module. When you are ready, proceed to the flashcard activity and the assessment questions.



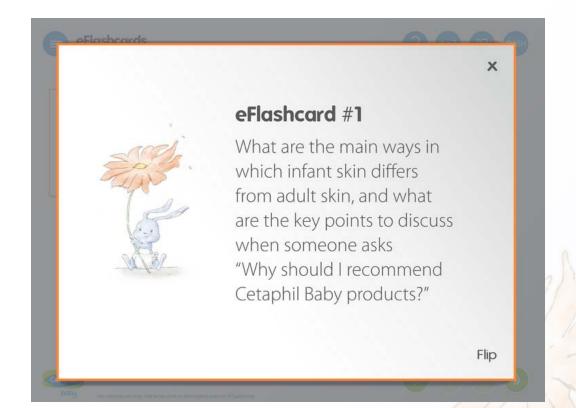
eFlashcards





eFlashcard #1

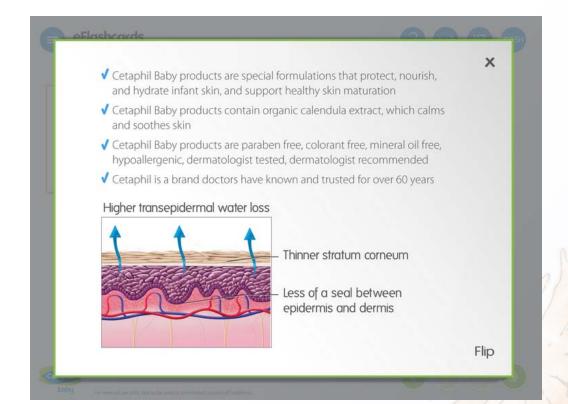






eFlashcard #1: Answer







eFlashcard #2







eFlashcard #2: Answer



Physical	Emotional
✓ Healthy weight gain✓ Stimulates circulation	▼ Enhanced parent-baby bonding
✓ Enhanced neuromotor development	✓ Decreased stress (reduced cortisol and norepinephrine)
✓ Improved sleep	
✓ Massage with oil: Improved skin barrier function and skin condition (reduced transepidermal water loss, increased hydration)	



eFlashcard #3







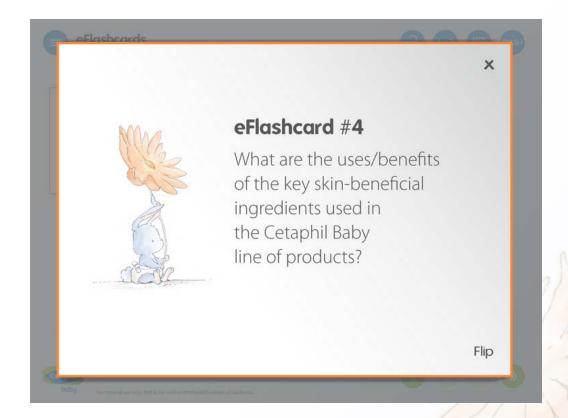


Product	Key Ingredients
Daily Lotion	Organic calendula extract, sunflower oil, sweet almond oil
Diaper Cream	Organic calendula extract, zinc oxide, vitamin B5 (panthenol), vitamin E (tocopherol)
Wash & Shampoo	Organic calendula extract, glycerin, vitamin B5 (panthenol), vitamin E (tocopherol)
Ultra Moisturizing Wash	Organic calendula extract, glycerin, vitamin B5 (panthenol)
Moisturizing Oil	Organic calendula extract, sunflower oil, sweet almond oil



eFlashcard #4







eFlashcard #4: Answer



Ingredient	Use/Benefit	
Organic Calendula Extract	Calms and soothes skin	
Sunflower oil	Contains essential fatty acids	
Sweet Almond Oil	Emollient	
Glycerin	Hydrates skin	
Vitamin B5	Skin conditioner	
Vitamin E	Skin conditioner	
Zinc Oxide	Soothes diaper rash; creates an emollient layer to shield from irritating wet diapers	



eFlashcard #5









Daily Lotion	Diaper Cream	Wash & Shampoo	Moisturizing Wash	Massage Oil
Aveeno Baby Daily Moisture Lotion (Active Naturals* Colloidal Oatmeal)	Aveeno Baby Soothing Relief Diaper Rash Cream (Active Naturals® Colloidal Oatmeal, zinc oxide)	Aveeno Baby Wash & Shampoo (Active Naturals* Oat Extract)	Aveeno Baby Soothing Relief Creamy Wash (Active Naturals® Colloidal Oatmeal)	Johnson's Baby Oil (mineral oil)
CeraVe Baby Moisturizing Lotion (3 essential ceramides)	CeraVe Baby Diaper Rash Cream (3 essential ceramides, InvisibleZinc*)	CeraVe Baby Wash & Shampoo (3 essential ceramides)	Eucerin Baby Cleansing Relief (Panthenol)	Mustela Massage O (avocado oil, pomegranate seed oil, sunflower oil)
Mustela Hydra Bébé (Avocado Perseose®, jojoba oil, vitamin F, shea butter)	Aquaphor Baby Healing Ointment (petrolatum)	Aquaphor Baby Gentle Wash and Shampoo (no key ingredient called out by brand)	Johnson's Baby Moisture Wash (no key ingredient called out by brand)	
	Mustela 123 Vitamin Barrier Cream (Avocado Perseose®, Alcacea Oxeoline®, sunflower oil distillate, zinc oxide)	Mustela 2 in 1 Hair and Body Wash; Dermo-cleansing (Avocado Perseose®, glycerin, coco glucoside)		Fli



Assessment



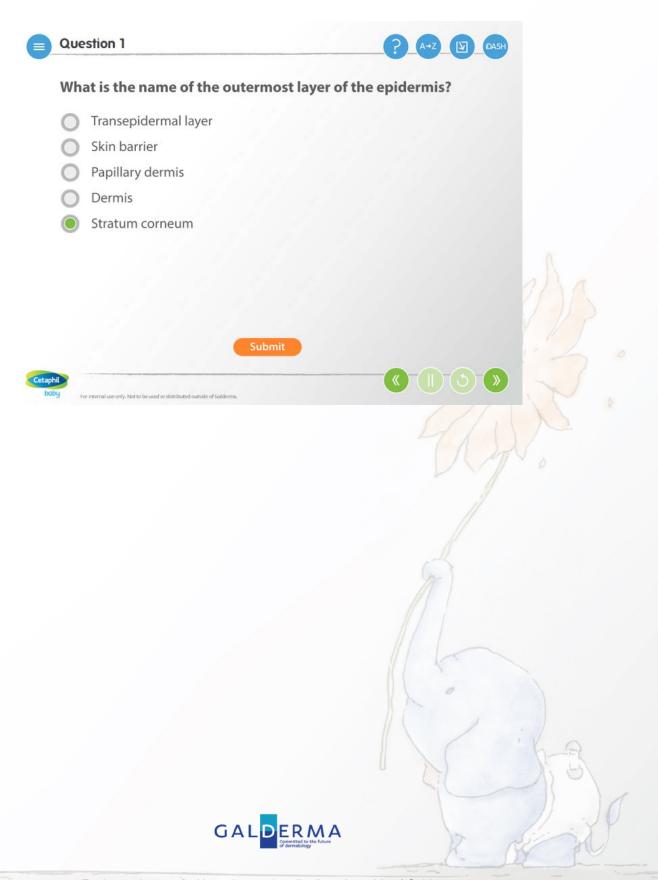




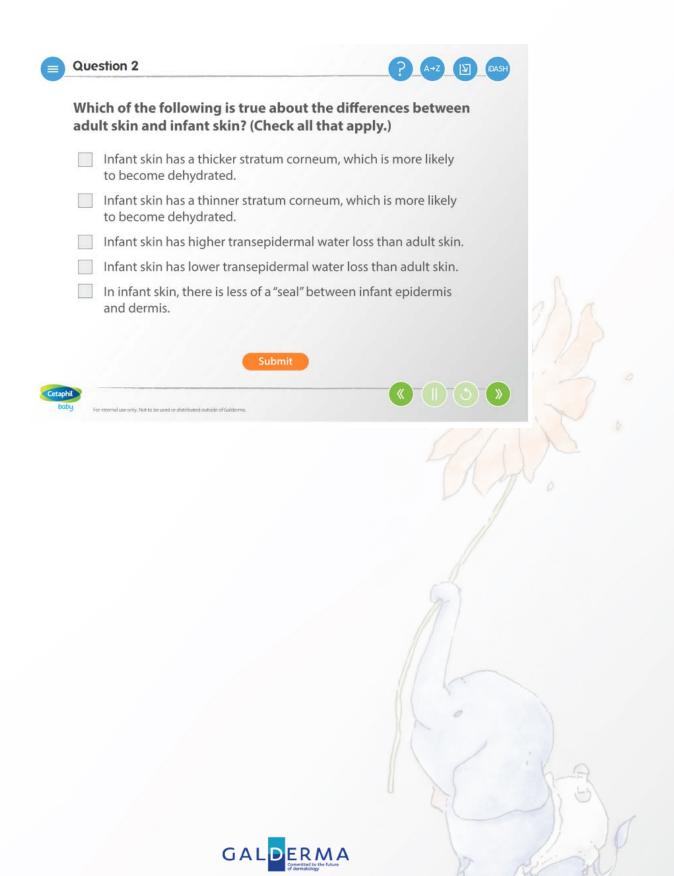


Assessment Question #1: Answer









Assessment Question #2: Answer



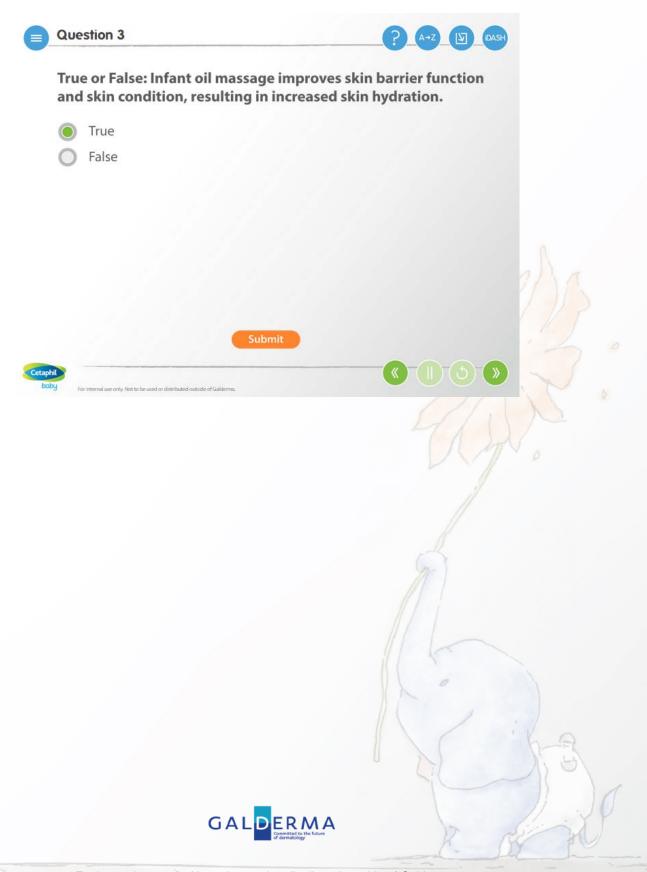






Assessment Question #3: Answer



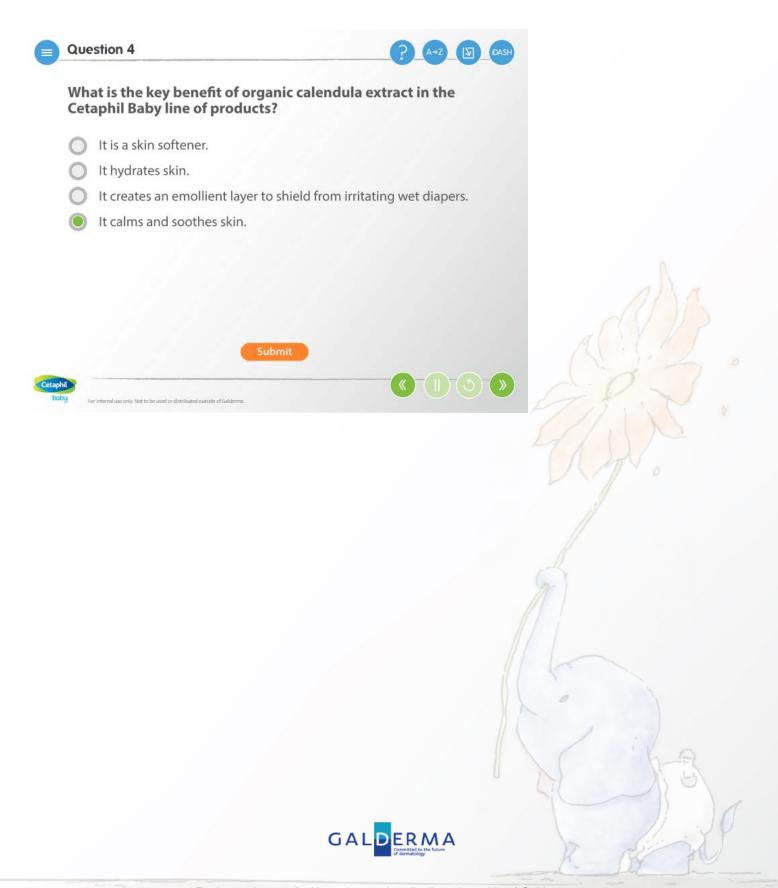




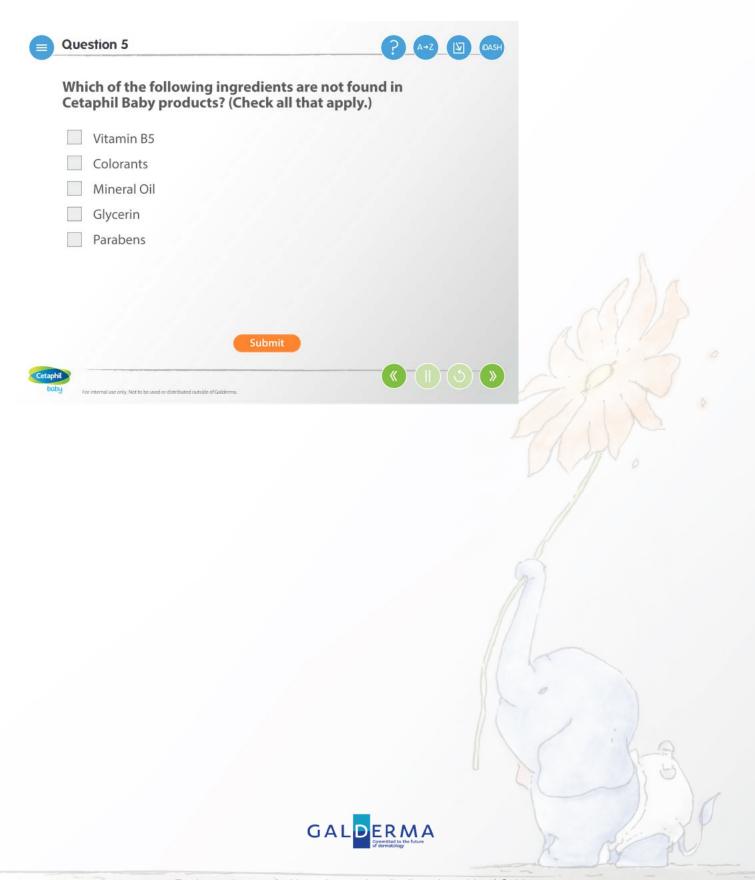


Assessment Question #4: Answer



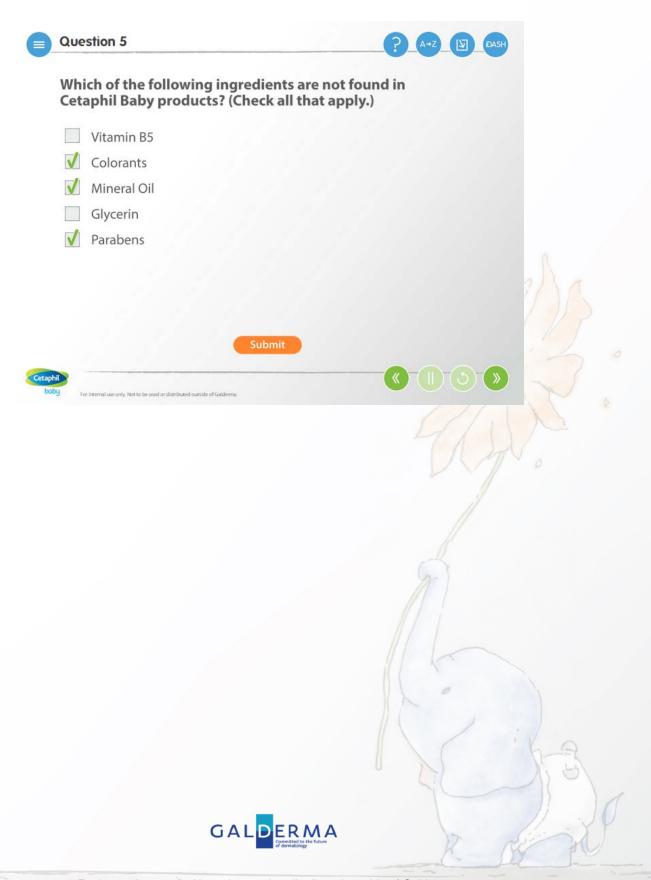






Assessment Question #5: Answer



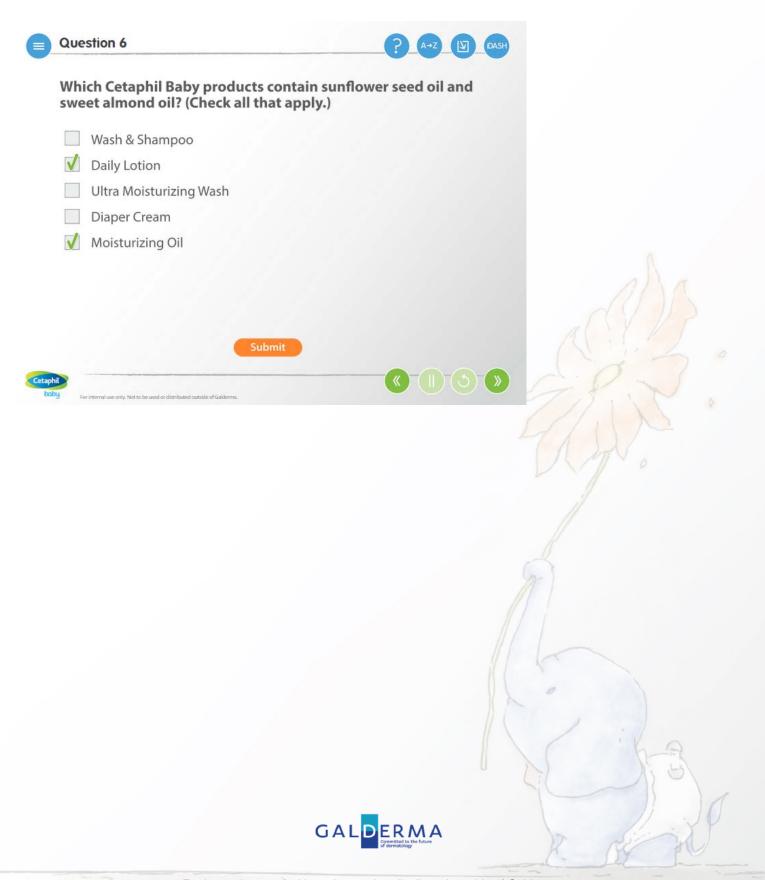




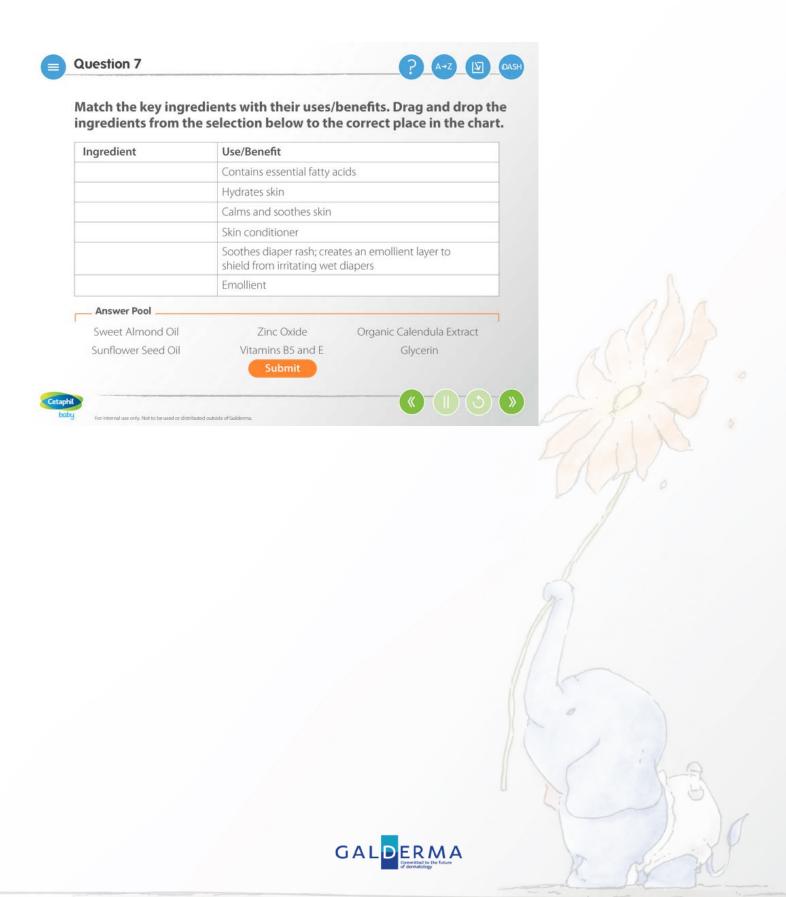
Question 6	? A+Z D DASH
Which Cetaphil Baby products co sweet almond oil? (Check all that	ontain sunflower seed oil and t apply.)
Wash & Shampoo	
Daily Lotion	
Ultra Moisturizing Wash	
Diaper Cream	
Moisturizing Oil	
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Assessment Question #6: Answer



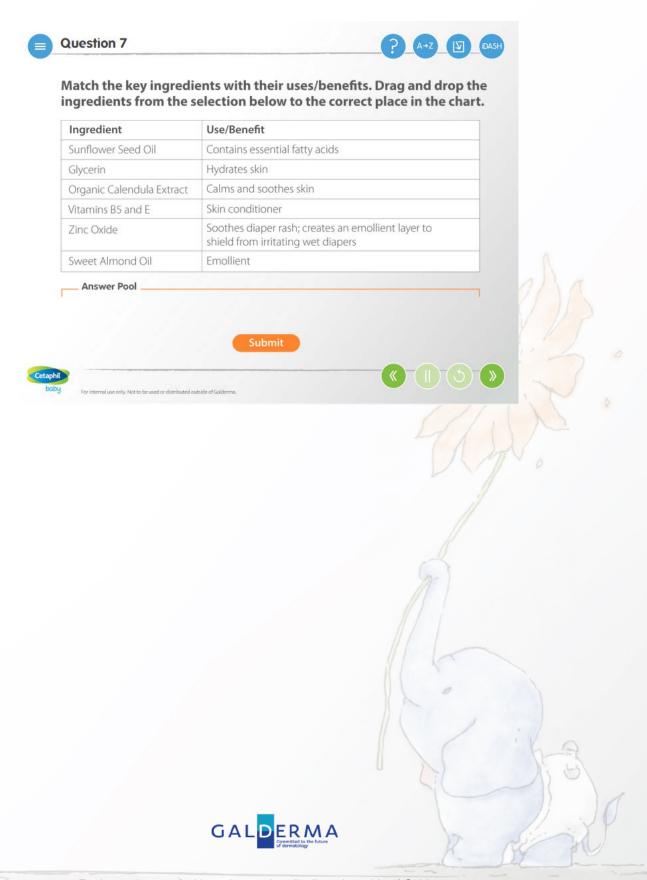




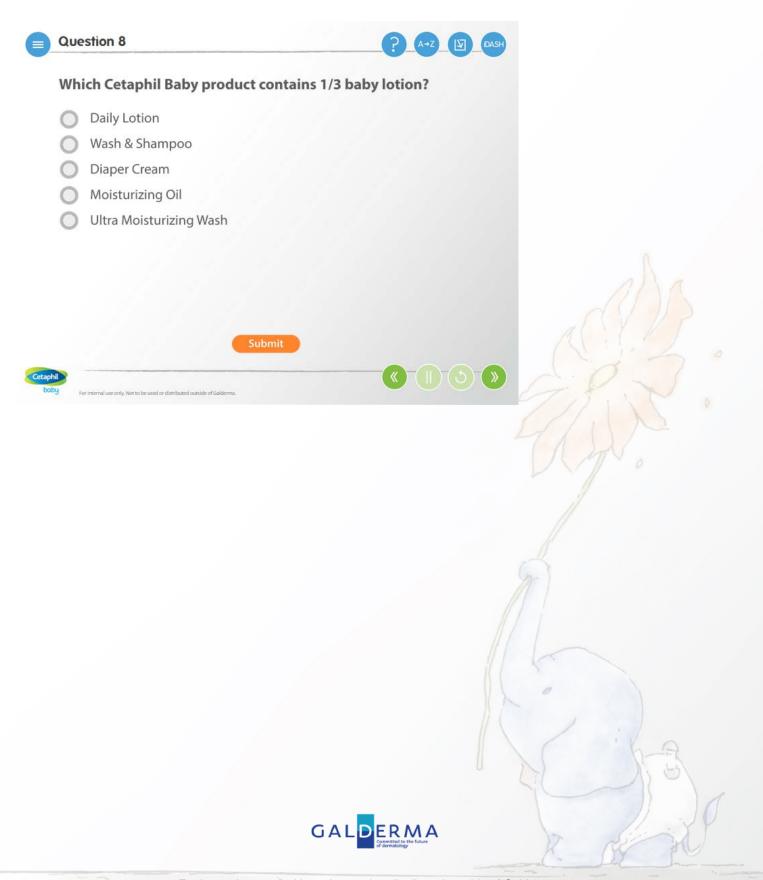


Assessment Question #7: Answer



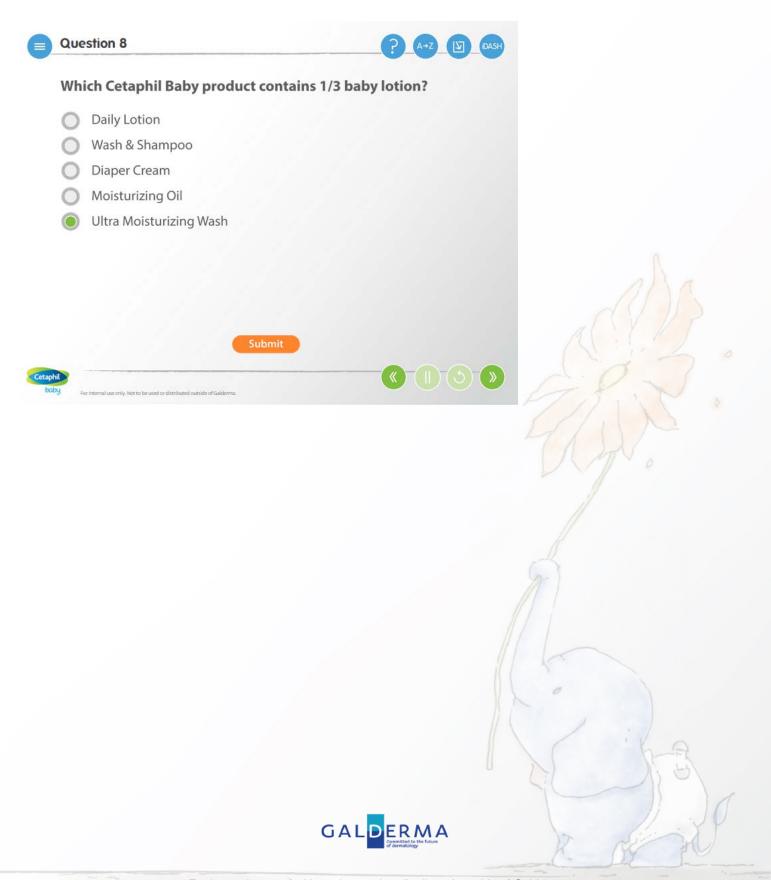




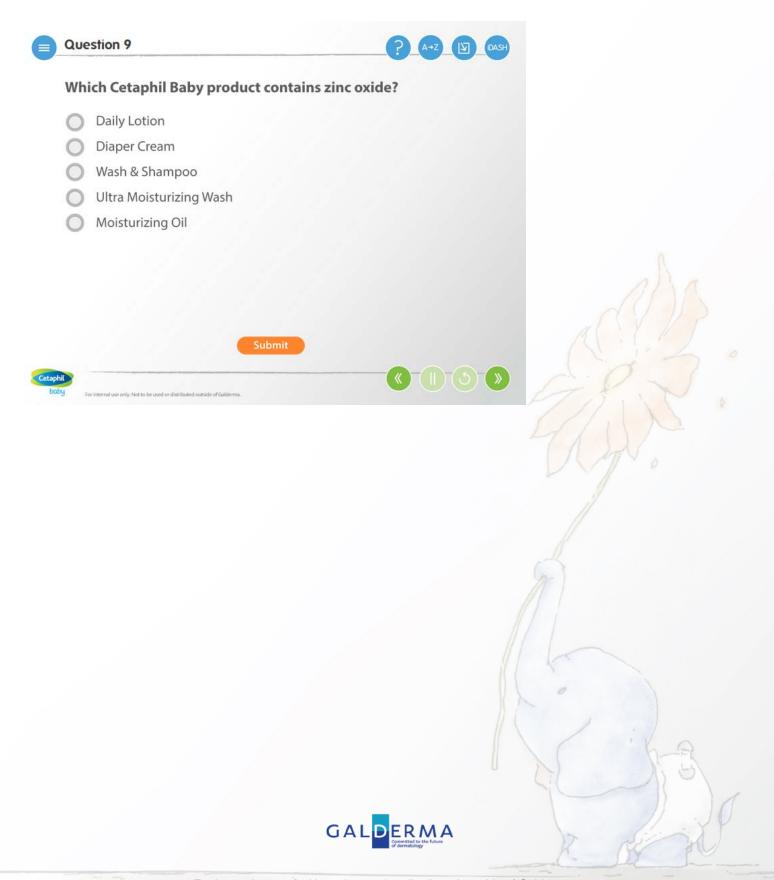


Assessment Question #8: Answer



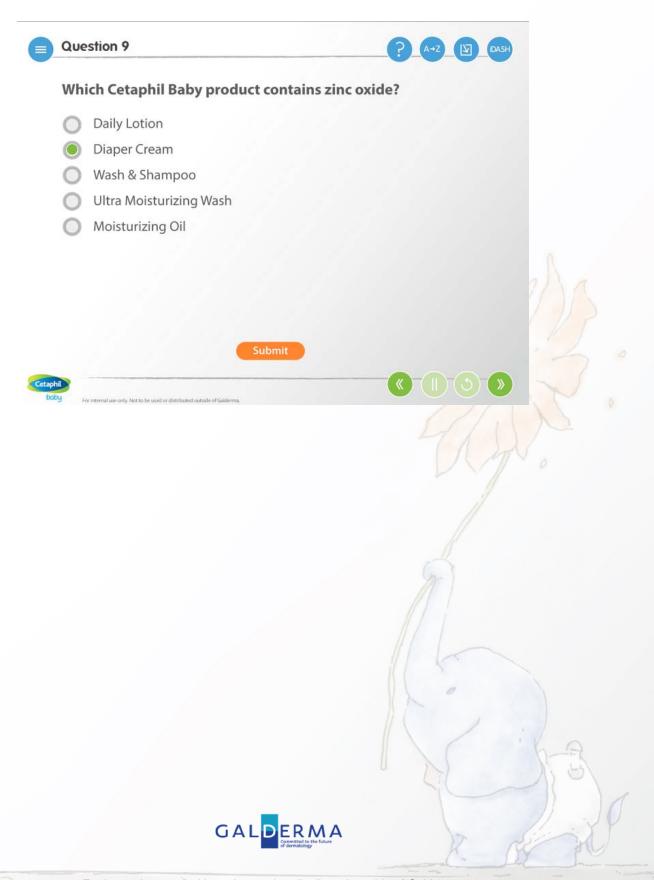






Assessment Question #9: Answer



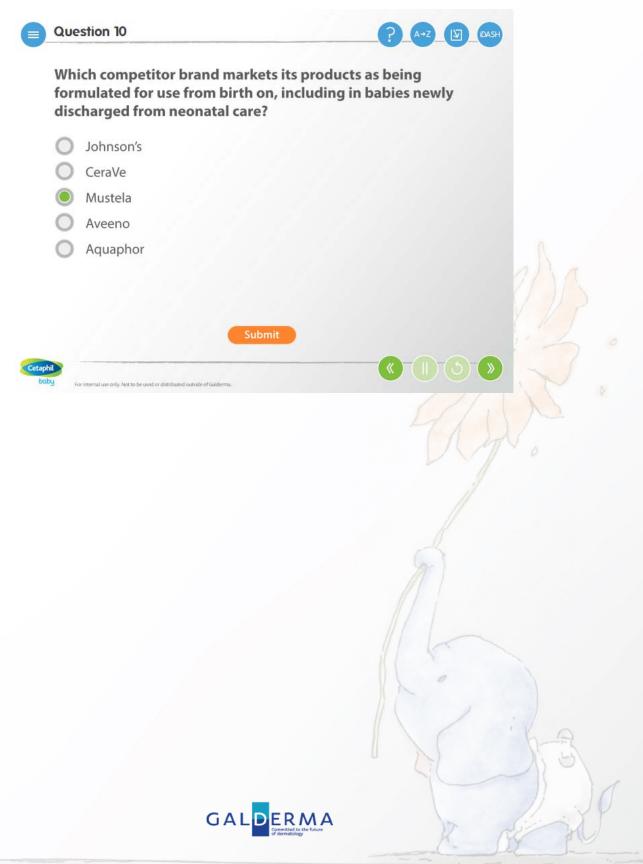






Assessment Question #10: Answer









Assessment Question #11: Answer



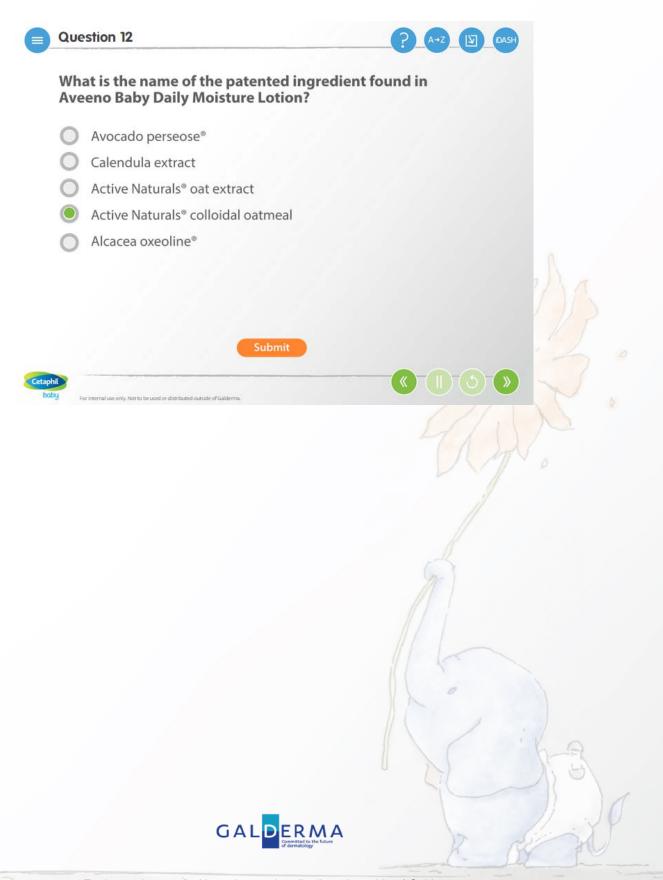




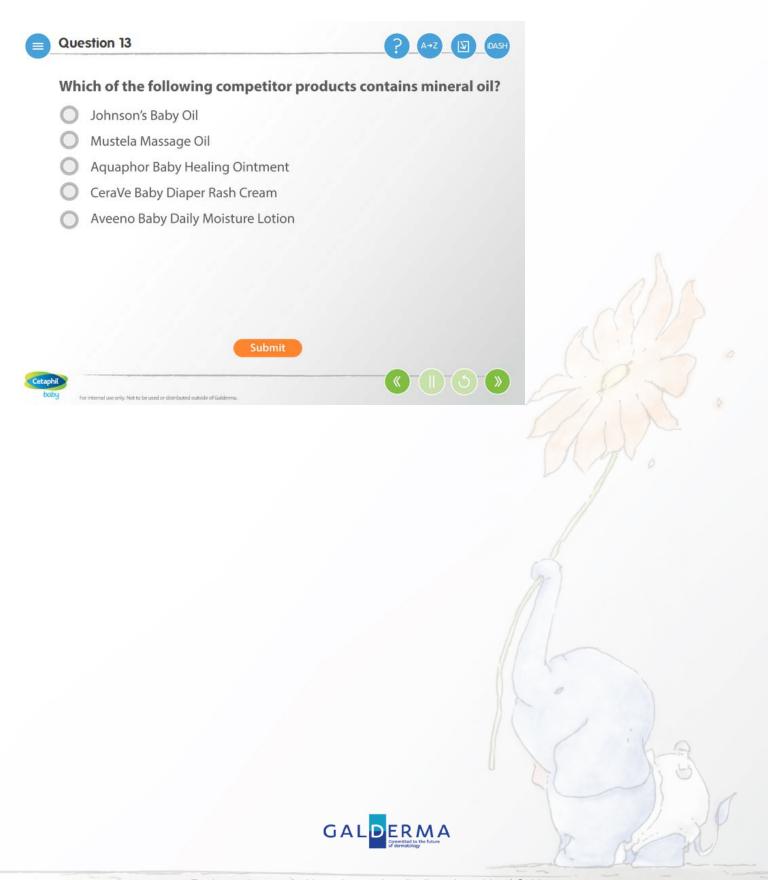


Assessment Question #12: Answer









Assessment Question #13: Answer



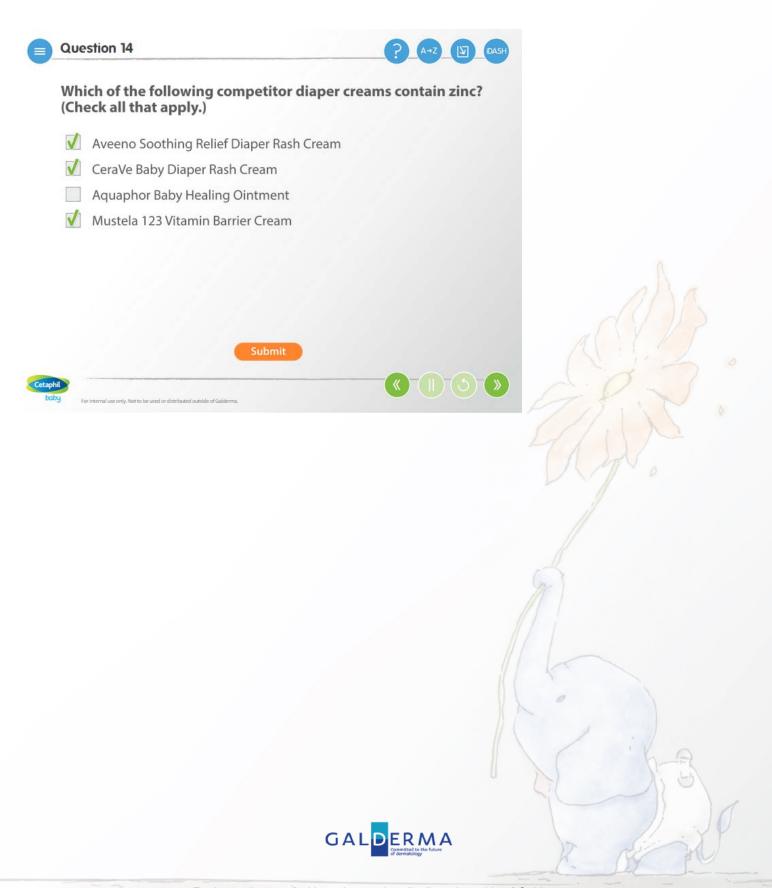






Assessment Question #14: Answer









Assessment Question #15: Answer



