

## The 12 Best Diaper Rash Creams for Soothing Your Baby's Sore Bum

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by [Alex Richards](#)

Diaper rash is the worst! I remember once going through security on an international flight with my rash-ridden baby and they confiscated my diaper rash cream because the tube was more than 3 ounces. I threw a fit (just ask my husband)! I mean, diaper rash can be very serious, and we need our babies bums to get the best care possible to beat it.

There's also nothing worse than diaper rash cream that sucks. One that comes out too runny or separates and does *nothing* to soothe or alleviate the rash. It is vital that you're getting the right balm for your baby. That's why I've put together a list of the best and most trusted diaper rash creams, because, whatever the cause (from prolonged wet or dirty diapers to allergic reactions) it is unbearable watching our babies cry out in pain.

Wondering what exactly it is that makes one diaper rash cream better than another? "For babies/toddlers prone to diaper rash, I feel zinc oxide is essential," says Jody Levine, MD, Director of Dermatology at Plastic Surgery and Dermatology of NYC. "Petrolatum is important for acting as a barrier but I find that the clear-colored diaper creams [those without zinc oxide] are not as effective at clearing or preventing diaper rash." Dr. Levine also recommends applying diaper rash cream generously, and at every diaper change.

### *Baby Bee Diaper Rash Ointment*

With 40 percent zinc oxide, this is one of the most concentrated creams out there. Made with sweet almond oil, it is delicate on the skin, yet goes on thick to protect baby's sensitive skin.

### *Babyganics Diaper Rash Cream*

Containing zinc oxide and other natural and organic ingredients (like calendula extract, aloe and beeswax), this non-petroleum diaper rash cream will protect irritated skin as well as prevent future rashes.

### *Desitin Zinc Oxide Paste*

With 40 percent zinc oxide, this thick cream forms a protective barrier on baby's skin to help heal existing diaper rash and protect against further discomfort. It's hypoallergenic, and great for overnight relief.

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### *Boudreaux's Paste (Natural) Diaper Rash Cream*

This petrolatum-free rash cream contains zinc oxide to keep baby's skin well protected, as well as gentle aloe vera and other natural oils to sooth the skin.

### *Calming Diaper Rash Ointment*

This lanolin-based diaper cream creates a soothing barrier on baby's skin in order to prevent new diaper rash from occurring. And yes, it contains zinc oxide.

### *Triple Paste*

Not the most natural of the bunch, this cream has a high concentration of zinc oxide as well as white petrolatum, corn starch, and lanolin so it goes on thick (and stays on thick).

### *Weleda Calendula Diaper Rash Cream*

This sweet-scented diaper cream is all natural, featuring the anti-inflammatory benefits of calendula flower extract, as well as other natural extracts and oils, plus zinc.

### *Aquaphor Baby Healing Ointment*

Although Aquaphor contains no zinc, it is a multi-purpose petrolatum-based ointment that acts as a barrier for protecting skin from future diaper rash.

### *Seventh Generation Coconut Care*

Seventh Generation is a great brand, and this cream (containing zinc, organic coconut oil, and lots of other yummy things like jasmine extract and orange peel oil) goes on gently to help shield against trapped moisture while soothing baby's delicate skin.

### *Era Organics Honeybuns Diaper Balm*

With lots of natural and organic oils and extracts, this balm is not only great on rashes, but eczema and cradle cap.

### *Cetaphil Baby Diaper Cream*

Cetaphil diaper rash cream contains zinc as well as nourishing vitamins and oils that work to calm and soothe baby's irritated skin.

### *Angel Baby Bottom Balm*

Many moms swear by the all-natural Earth Mama brand, and this cream gently soothes baby's skin while allowing it to breathe, unlike most zinc-based creams that create a barrier.

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