



Sheffield Teaching Hospitals   
NHS Foundation Trust



The Barrier Optimising skincare and  
Newborn Development trial: PHASE 2

# Are you having a baby?

Would you like to help researchers at The University of Sheffield and The University of Manchester understand how different skincare routines affect skin health, parental bonding and physical development in newborn babies?

To find out more  
contact us on:  
T: 0114 21 59539  
[BOND@sheffield.ac.uk](mailto:BOND@sheffield.ac.uk)  
[www.sheffield.ac.uk/  
iicd/dermatology](http://www.sheffield.ac.uk/iicd/dermatology)

Recruiting  
babies  
between  
0 & 21 days  
old now!

## What are we trying to find out?

Following birth our skin takes a number of years to mature before it gives us the protection we need from our environment. The way we care for our baby's skin, particularly the products we use, has an impact on this process.

The interaction between the parent and their baby during the use of skincare products can also be very rewarding, promote bonding and potentially help the development of the baby.

We would like to assess the effects of three different skincare routines to determine their effects on development of the skin, the parent-baby bond and the development of the baby. To do this we are looking to recruit 120 newborn babies.

## Why have I been invited?

You are being invited to join because you will shortly become, or have just become, a mother who lives in the local Sheffield community.

## What will happen if I take part?

You will be asked to follow 1 of 3 skincare routines for your baby each lasting 3 months. The routines involve the use of a cosmetic Baby Wash and Shampoo with or without a Baby Lotion .

You will need to attend 2 sessions at our skin research rooms at the Royal Hallamshire Hospital. The first will be 0-21 days following your baby's birth and the second 3 months after the

first session. We will arrange and pay for all taxi transfers to and from the hospital.

During the 2 sessions we will perform a number of harmless procedures on your baby's skin and ask you to complete a series of short questionnaires about your own feelings, your baby's development and your relationship with your baby. In addition to this we will ask you to keep a daily diary and provide a saliva sample at the beginning and end of the study so that we can determine your cortisol levels (a stress hormone).

To say thank you we will give each participant up to £100 in Gift Vouchers.

## Who is organising and funding the research?

This study has been designed and organised by researchers at The University of Sheffield, The University of Manchester and the Sponsor, Johnson & Johnson. This study has been reviewed and given a favourable opinion by Yorkshire & The Humber - Sheffield Research Ethics Committee (Ref: 17/YH/0083), and Sheffield Teaching Hospitals NHS Trust (Ref: STH 19623)

## What next?

To find out more contact us at:

**T:** 0114 21 59539

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**W:** [www.sheffield.ac.uk/iicd/dermatology](http://www.sheffield.ac.uk/iicd/dermatology)