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In the buff

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0-1 If your child resists being diapered, you've already learned that babies love hanging out in the nude. It's a sensory experience—a chance to check out textures and temperatures with their whole bodies. It's also healthy: "Time without diapers means less of the changing that can irritate the skin," says Steven Abelowitz, M.D., a pediatrician in Newport Beach, CA. Just ten minutes au naturel daily gives bottoms a chance to air out, which helps rashes and yeast infections heal more ...

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