







## BATHING YOUR BABY

### General Information:



*Babies do not need frequent bathing. If you keep their faces, necks and diaper area clean and dry, 1-3 baths per week is probably enough for the first 9-12 months.*

- ◆ Make sure the room that you will bathe the baby in, is warm and free of drafts.
- ◆ Check the water temperature with your wrist or elbow. It should feel warm but not hot. Make sure your hot water heater is set no higher than 120 degrees Fahrenheit.
- ◆ Gather all of your supplies before beginning the bath. These will include: a bathtub or basin, several clean towels and wash cloths, soap and shampoo, a clean diaper and clean clothes.
- ◆ Use only mild soap or baby wash and baby shampoo. Oils, lotions and powders are not recommended.
- ◆ Keep a hand on the baby at all times. Never leave the baby during the bath, even for a second. If you must attend to something else, take the baby with you.
- ◆ Sponge baths are recommended until the umbilical cord has fallen off and the area healed. If the infant has had a circumcision, give sponge baths until the circumcision site has completely healed. Check with your baby's health care provider if you are unsure.
- ◆ Start the bath with the baby's face, then move on to the dirtier areas. Do not use any soap on the face.
- ◆ Check the baby's skin for any changes.
- ◆ Shampoo as needed. Not usually more than once or twice a week.

### GIVING A SPONGE BATH

-  Locate a warm place with a flat surface. A bathroom or kitchen counter, changing table, a firm bed or even a towel on the floor as long as it's warm enough, will work.
-  Spread out a towel for the baby to lie on. Gather supplies.
-  Fill sink or basin with 2-3 inches of warm water.
-  Undress the baby, wrap in a towel and lay the infant on the prepared surface.
-  Start the bath with the face. Moving downward, unwrap only the part of the body that you are actively washing, and end with the diaper area. Pay special attention to the creases under the arms, behind the ears, around the neck and in the genital area. Be sure to rinse well and dry all areas, especially creases, well.
-  You can shampoo the baby's hair, if needed, before or after the bath. Be sure that the water you use is clean and that you dry the baby's head well after the shampoo.

### GIVING A TUB BATH

-  Follow instructions for giving a sponge bath until you have washed the baby's face.
-  Place a clean towel or blanket directly into the tub.



Unwrap the baby. Place the baby in the tub using one hand to support the head and back, the other to guide her in, feet first.



Continue to use one hand to support the baby's head and back. With the other hand, wash the baby, paying special attention to the creases.



To wash the back and buttocks, lean the baby forward into your free hand. Then use the other hand to wash the rest of the baby.



Be sure to rinse well. Take the baby out of the tub and wrap in a dry towel. Dry the baby well, paying special attention to the creases.

### **SHAMPOOING THE HAIR**



Wrap the baby in a dry towel.



Have a basin of clean, warm water ready.



Hold the baby in the "football hold".



Using a soft cloth or your hand, wet the baby's head.



Apply a small amount of shampoo. Gently massage the baby's entire scalp area. Do not be afraid to wash the fontanel, (soft spots) on the baby's head.



Rinse well, making sure all shampoo is removed.



Dry the entire head well.