



How to Bath Baby:

Step by step instructions for bathing baby

If you are not sure how to bath your baby, please ask your health care provider

Please always test the water of the bath prior to allowing baby to be in the water at all times

Giving that first few baths can be kind of scary for both you and baby. Here are a few things that might make you feel more confident in giving that first bath.

1. **Do not** give baby a full bath until the umbilical stump falls off and heals. During this time, simply use a warm, wet washcloth to cleanse baby's skin.
2. Once baby is ready for a full bath, the first step is to make sure you have everything within reach of you while baby is in the tub. **DO NOT**, for any reason, leave your baby alone in water - not for one second. If you forgot to grab the towel, then take off your shirt and use that! It takes only seconds for baby to get into trouble.
3. Before placing baby in the water, test the water with your wrist or a bath tub thermometer. Be sure the water is not too hot. There are products on the market that can help you tell the temperature of the water. **Don't ever put baby in the water without testing it for yourself.**
4. There are many different types of baby tubs out there for you to select. There are simple slings that prop baby up, others that convert to toddler tubs after baby, and some are inflatable tubs that fit inside of the large tub. Please use caution on these tubs as they do become slippery when soap is added to these tubs. Definitely select the one you feel most comfortable using.
5. Baby shampoo. Once again, there are many products out there for you to choose from. I would recommend a tear-free shampoo and soap.
6. Fill the baby tub up a few inches with warm water. It will comfort your baby to support his/her head or body with your arm or hand or you can lay a soft towel behind baby's head for more comfort.
7. Sing a song to help ease your baby into bath time. If he/she is reluctant to bathe, then slowly and playfully wash baby's toes first, then arms, then legs and so on. Don't feel like you need to dip baby's entire body into the water the first time. You'll find that the first bath will probably be very fast!

8. With towel at hand, place the hooded part on baby's head to help keep him/her warm. Then, wrap baby up in the towel. It's as simple as that! After a while, baby will come to enjoy bath time and the "scariness" of it will fade for both you and baby.

9. When baby is old enough to sit up, buy a laundry basket (plastic) with holes and handles. Place a sponge on the bottom for comfort, and allow baby to bath inside the tub in the basket, toys will not float away, and the baby will enjoy being able to hold onto the sides of the laundry basket. Sponges for sink tubs can be purchases at local stores for a few dollars. Allow sponge to dry after every bath and replace sponge every 2 months. Make sure level of water is at baby bottom.

10. Always collect the bathing items you will need prior to giving baby a bath. A small basket of some sort will hold the items you need. A basket with a suction cup will hold items in the tub for more ease and use when needed, allowing you to keep your eyes on your baby at all times.

Some items for your basket might include:

- Wash clothes
- Soap
- Shampoo
- Hooded Towel
- T-shirt
- Pajamas
- Socks
- Diaper
- Diaper ointment
- Powder
- Home phone or cell phone

*It is best after bath to dress your baby in the same area where the temperature of the room is warm and comfortable for baby.

Many wonderful stores through out **The Baby Online Book** offer many products to help bath your baby, including all natural products for bath, toys, tubs, storage baskets, wash cloths, plus so much more. Visit one of these stores today to find what you are looking for.