



## Bathing an Infant Tips

**For the first few months, your baby will get sponge baths. (Giving her a sponge bath is a little awkward at first, but it's easy enough to master.) It's a whole new ballgame when it's time for her to move to an infant tub – usually when she's sitting up and can reach and grab for toys around her.**

**Here's how to make bath time a bit easier on you and baby:**

- Use a suitable infant tub. Companies like Safety 1<sup>st</sup>® make infant tubs with a variety of features: built-in temperature gauges, storage compartments and easy-drain plugs.
- Gather all of the supplies you will need and place them within arms' reach. You never ever want to leave baby – even it's only for a second or two while you're reaching for a toy or the baby soap.
- Adjust the temperature of the room. Your baby is still used to the warm surrounding of the womb and gets cold easily. Keep the room around 75° F (24° C) degrees at bath time.
- Fill the infant tub with no more than 2 inches (6 centimeters) of warm water.
- Test the temperature of the water. You can use your elbow, wrist or thermometer to ensure that it is only warm and not hot. The water should be no more than 100° F (38° C) degrees.
- Undress your baby and gently set him in the tub while making sure to keep him in a partially reclined position. Choose an infant tub with a bath sling to help keep baby positioned properly.
- Keep one hand on your baby at all times. With your free hand, wet a soft washcloth or sponge and begin gently cleaning your baby. It's best to start with the "cleanest" parts first and save the diaper areas for last.
- Gently dab each area with the washcloth, instead of rubbing, which can irritate a baby's sensitive skin. As you move to different areas of the baby, try to use a different spot of the washcloth on each part. Don't forget to pay special attention to the folds in your baby's legs, arms and neck. These areas tend to build up "gunk."
- Turn baby over on your arm to wash her backside. Be extra careful; a wet baby is a slippery baby.
- Use a second washcloth for rinsing your baby. Try rinsing each spot immediately after it has been cleaned. If you are using a mild soap, make sure to rinse completely clean.
- Washing your baby's hair – or scalp if he's a baldy – should be limited to once or twice a week. Use only a mild baby shampoo and rinse thoroughly.
- Remove baby from the tub carefully with both hands and immediately wrap in a dry towel or terrycloth infant robe. Pat her dry, don't rub, and redress her immediately.