



splish splash

top tips on bathing
your baby



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good clean fun

Bathing your baby is one of the most enjoyable parts of the day, for both of you. It may take a little while for your newborn to get used to it, but once they feel safe, they'll soon start to love the warmth of the water and the freedom of being free to wriggle, kick and splash around.

This advisory card is full of useful information on how to safely bath your baby, and how to make bath time easy and fun.

what you may need...

- baby bath
- cuddle and dry hooded towels
- face cloths
- bath thermometer
- top and tail bowl
- baby sponge
- baby toiletries – baby lotion, baby oil, baby bath, wipes, nappy cream and cotton wool
- non-slip bath mat
- bath support
- bath toys
- easy pour shampoo rinse cup
- mothercare aqua pod – for bathing an older baby and child
- change mat
- baby hair brush
- baby nail scissors
- baby box

bathing your baby

getting ready

- choose the right time – towards the end of the day, and between feeds is ideal.
- get everything ready and within reach beforehand.
- remember, babies and young children should never be left alone in the bath, even for a second.
- make sure the room is warm.
- place the towel on the change mat so you can keep your baby warm whilst undressing and immediately after bathing.
- run the bath and check water temperature.
- undress your baby but keep their nappy on.
- place a towel around your baby.
- your baby's skin is very delicate, so use baby toiletries sparingly.

step-by-step

- wash baby's face and around the eyes with cotton wool and water (for babies up to 6 weeks, use cooled pre-boiled water, using a fresh piece of cotton wool for each eye).
- if hair washing is necessary, wrap your baby in a towel, tuck under your arm and scoop up the water (or use an easy pour shampoo rinse cup). Use a little baby shampoo or baby bath liquid if your baby has lots of hair. Rinse, then pat your baby's hair dry.
- take off your baby's nappy and wash their bottom area.
- place your baby in the bath and support him/her firmly under the arms and around the shoulders/back. You can also use a bath support, as long as your hands are still close by to help your baby when he or she needs you.
- after washing, lift your baby out and dry with a soft towel – especially in the leg and neck creases.
- dress your baby quickly so he/she feels cosy and warm again.

some other helpful tips

- keep bath time quiet and calm to help with your baby's night time routine.
- talk to your baby in a calm and soothing voice.
- with newborn babies, a daily bath is not essential. You can 'top and tail' instead – wash your baby's face and then bottom (using warm water, cotton wool and a 'top and tail' bowl).
- for bath time fun, you can introduce small bath toys from around 3 months.

where to find out more

visit www.mothercare.com.au or call 1300 217 700

keep calm and quiet



supabath



baby toiletries



wrap up soon afterwards



all clean

