Bathing a Baby

Sponge Bath: A sponge bath should be given until:

- A baby’s cord falls off and belly button is healed.
- Circumcision is healed.
- Any surgical incision is healed.

1. Gather all your supplies: container of warm water, washcloth, mild soap, towels, diaper, and clothing.
2. Place your naked baby on a towel. Make sure the room is not cold.
3. Gently clean the eyes from the nose to the outer edge. Be sure to use a clean area of the washcloth for each eye.
4. Rinse the washcloth with clean warm water. Wash the rest of your baby's face.
5. Soap up the washcloth. Gently clean your baby’s scalp (hair) and work your way down his neck, body, arms, legs and genitals. Be sure to clean the body creases well.
6. Remove soap from baby’s body by wiping several times with a rinsed wash cloth.
7. Dry your baby with a soft, dry towel.

Tub Bath:

1. Gather all your supplies: baby tub or sink, washcloth, mild soap, towels, diaper and clothing.
2. Put about 3 inches of warm water in the baby tub or sink. Check the temperature with your hand to be sure it is not too hot.
3. Sit your baby in the tub/sink. Hold him securely by supporting the back of the head, neck and shoulders with your hand.
4. Use your free hand to wash your baby.
5. Gently clean the eyes from the nose to the outer edge. Be sure to use a clean area of the washcloth for each eye.
6. Rinse the washcloth with clean warm water. Wash the rest of your child's face.
7. Soap up the washcloth. Gently clean your child's scalp (hair) and work your way down his neck, body, arms, legs and genitals. Be sure to clean the body creases well.
8. Rinse off the soap by squeezing the washcloth, dipped in the bath water, over your baby.
9. When finished rinsing your baby well, dry him off with a soft towel.
10. Clean the tub/sink after washing your baby.
Safety Tips:

- Never leave your baby alone during a bath.
- If you are using a sink, clean and rinse it completely before giving your baby a bath.
- Make sure the room is warm and free of drafts.
- Always check the temperature of the bath water before sitting baby in it.
- Turn your hot water heater down to the lowest setting (120 degrees F).
- Hold your baby securely. Soapy bodies are very slippery.
- Avoid the use of lotions or powders.
- Bathe your baby at least every other day or as needed.