

## **BATHING DEMONSTRATION**

Babies do not need to be bathed every day. Most families include this in their routine.

Get everything you need ready in front of you. You will need cotton wool balls/ pads, a towel, nappies and clean clothes. We do not recommend any soaps and shampoos for babies under 3 months old as their skin is really sensitive. Make sure baby has a clean, flat surface to rest on for when you put baby down.

Fill your baby bath with warm 37 degree Celsius water. It should be checked with your elbow (should feel warm only) or a bath thermometer.

Once the bath is ready, undress your baby, leaving just the nappy on. Wrap baby in a towel, leaving their head exposed.

First, wash baby's face and hair before putting them into the bath. To wash their face, take cotton ball or pad, dip it in the water then wipe baby's eyes from side to side, inside to out and discard it. If you need to go over the eye again, you need to use a clean cotton ball or pad each time to avoid any eye infection.

Next, take a clean ball or pad, dip it in the water and wash baby's face going around the forehead, washing the nose, cheeks, chin, back of baby's ears and under the neck. To do this you will hold your baby in the "rugby ball" position and use your opposite hand to wash baby's hair. Once this is done, dry baby's hair with a towel.

Put baby down and take their nappy off. Clean baby's bottom if it is dirty and make sure you lay out a towel to put baby in after they have finished in the bath.

Place baby in the bath. Support your baby well by holding him/her with your hand gently around the back of the neck and arm running along their back. Some shops sell bath mats to put in the bath but they are not necessary. Grab some clean cotton balls/pads and wash baby making sure you get to all the creases. It only takes a couple of minutes, make sure baby does not get cold.

Take baby out of the bath, dry thoroughly, making sure you get to all the creases. We do not recommend talcum powder as it stops the absorption.