

Bathing baby tips

How often should I bathe my baby?

- Although some parents bathe their babies every day, a bath isn't necessary more than once or twice a week. Just wash the baby's face frequently and thoroughly clean his/her genital area after each diaper change.
- When you do bathe your baby, you may find it a little scary to handle your wiggly little one when he or she is all soapy and slippery, so keep a good grip. Most babies find the warm water very soothing.

Where should I bathe my baby?

- Instead of using a standard bathtub, which requires you to kneel awkwardly over your baby and gives you less control over his movements, use the kitchen sink or a small plastic baby tub.

How do I give a sponge bath?

- To keep the cord stump dry, new babies should have sponge baths until the cord stump falls off.
- When giving a sponge bath:
 - Keep the baby wrapped in a towel or blanket while you wash his/her face and head.
 - Dry the washed parts of the body right away so that the baby doesn't get cold.

What's the best way to give my baby a bath after the umbilical cord stump has fallen off?

- Assemble all necessary bath accessories — a washcloth, baby soap and shampoo, baby lotion, clean diaper and clothes.
- Fill the tub with two to three inches of water that feels warm but not hot, about 90 degrees Fahrenheit (32 degrees Celsius).
- Bring your baby to the bath area and undress the baby completely.
- Gradually slip your baby into the tub, using one hand to support the neck and head. Pour cupfuls of bath water over the baby regularly during the bath so he or she doesn't get cold.