



# BABY BATH TIME TIPS



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## NEWBORN'S FIRST BATH

The World Health Organization (WHO) recommends delaying the baby's first bath until 24 hours after birth for several reasons. This allows the newborn to stabilize their blood sugar and body temperature after birth. It also promotes early breastfeeding success by allowing for uninterrupted skin-to-skin contact and bonding.

Additionally, delaying the first bath preserves the presence of vernix, a protective substance that coats the baby's skin and helps prevent it from drying out.

For more info, reach out to [www.thefirstparents.com](http://www.thefirstparents.com)

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## BEFORE THE BABY'S UMBILICAL CORD IS HEALED:

Before the baby's umbilical cord stump is fully healed, you can give them sponge baths using the following steps:

### GIVING SPONGE BATHS

#### 01 Prepare your supplies:

You'll need a small bowl of warm water, mild soap, 2-3 clean washcloths, and a clean, dry towel. Choose a flat surface covered with a towel as your bathing area.

#### 02 Keep the baby warm:

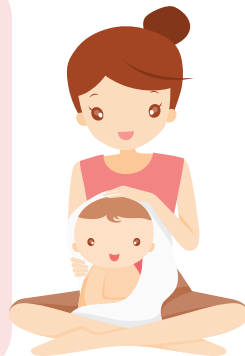
Undress the baby and wrap them in a dry towel, uncovering only the parts you are washing.

#### 03 Wash the baby's face:

Use water to gently clean their face, being careful to avoid getting water in their eyes.

#### 04 Clean the body:

Pay special attention to the diaper region, behind the ears, around the neck, and under the baby's arms. Wash the diaper region last. If the baby is not particularly dirty, warm water alone is sufficient. Use mild soap only if necessary.



## AFTER THE BABY'S UMBILICAL CORD IS HEALED:

Once the baby's umbilical cord stump is fully healed, you can give them a bath using the following guidelines:

### GIVING TUB BATHS TO BABY

#### 01 Prepare your supplies:

Set up a washbasin or use a baby tub and have a washcloth, mild soap, and a clean, dry towel ready.

#### 02 Fill the tub:

Fill the tub, basin, or sink with about 2 inches of water. Check the water temperature by feeling it with the inside of your elbow or wrist to ensure it is warm but not hot.

#### 03 Support the baby's head and neck:

Hold your baby firmly and support their head and neck as you lower them into the water feet first, and continue this throughout the bath.

- 04 **Keep the baby warm:** Pour warm water over their body from time to time to keep them warm. You can also place a warm washcloth on their belly or head.



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**05 Gently wash the baby:**

Use a mild, neutral soap sparingly to avoid drying out their skin. Start with their face, then move on to their body, and finish with the diaper area.

**06 Have fun:**

If the baby enjoys being in the water, allow them to kick, splash, and play.

**07 Dry thoroughly:**

After the bath, wrap the baby in a dry towel, including their head, and ensure they are thoroughly dried.

Remember to always supervise your baby during bath time and ensure their safety and comfort throughout the process.