Baby Bath Time

A checklist before every bath

Until the cord stump falls off, your baby gets sponge baths only. After that, bathe two or three times a week in plain warm water, and never leave your baby alone.



CORD STUMP FELL OFF _____

FIRST BATH _____

PEDIATRICIAN _____

Get ready

- [ ] The room is warm
- [ ] Hooded towel
- [ ] Clean diaper
- [ ] Bodysuit and sleepsuit
- [ ] Cotton pads
- [ ] Baby has not just fed and is not hungry

Water

- [ ] Cold first, then hot
- [ ] Mixed well, no hot patches
- [ ] Depth 8-10 cm
- [ ] Body temperature: checked with your elbow
- [ ] No soap or bubble bath in the first month

During the bath

- [ ] Face and eyes first, on your knee
- [ ] Support the head and shoulders
- [ ] A hand on your baby at all times
- [ ] Pour warm water over the chest
- [ ] First baths last a few minutes
- [ ] Never step away, even for a second

After

- [ ] Wrap in a hooded towel
- [ ] Pat the creases dry
- [ ] Pat the cord area dry
- [ ] No oils or lotions before one month
- [ ] Dress and feed

Your own items

- [ ] _____
- [ ] _____
- [ ] _____