

Bathing Newborn Checklist

By Lauren Meir

☐ Bathing Basics

- ☐ Only bathe newborns a few times a week at most Bathing too often can irritate delicate newborn skin.
- ☐ Wait until baby's umbilical cord falls off.
- ☐ Sponge baths are best in the beginning.
- ☐ Only use mild, baby-safe soap.
- ☐ Keep the room warm while bathing your baby
- ☐ Always keep one hand on your baby If bathing on a changing table, use the safety strap as well.

☐ Baby Bath Items

- ☐ A shallow plastic basin to hold the water
- ☐ Soft blanket, towel, or changing mat
- ☐ Mild baby-safe shampoo
- ☐ Mild moisturizing soap
- ☐ Soft washcloth
- ☐ Soft towel for drying, preferably with a built-in hood
- ☐ Cotton balls
- ☐ Baby wipes
- ☐ Clean diaper
- ☐ Change of clothes

☐ Bathing Your Baby

- ☐ Fill the plastic basin with warm water. Test to make sure it's not too warm
- ☐ Lay the towel, mat, or blanket next to the basin.
- ☐ Undress baby and wrap her/him in a towel Lay baby on the prepared blanket or mat.
- ☐ Soak the washcloth, and wring out excess water.
- ☐ Wipe your baby's face gently (no need to use soap here).
- ☐ Gently clean baby's eyelids with a damp cotton ball or clean cotton cloth.
- ☐ Use the wet washcloth to clean your baby's body Only use a little moisturizing soap, and only if baby is smelly or dirty.
- ☐ Be sure to gently clean creases under the arms, behind baby's ears, around the neck and diaper region Also clean between fingers and toes.

- ☐ Only expose the parts of baby's skin that you're washing, to keep your baby warm.
- ☐ When finished, wrap your baby snugly in the towel Ensure baby is dry before putting on fresh diaper and clothing.