

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.