

# 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.