

How OFTEN SHOULD I BATHE MY NEWBORN ?

EARLY WEEKS OF LIFE

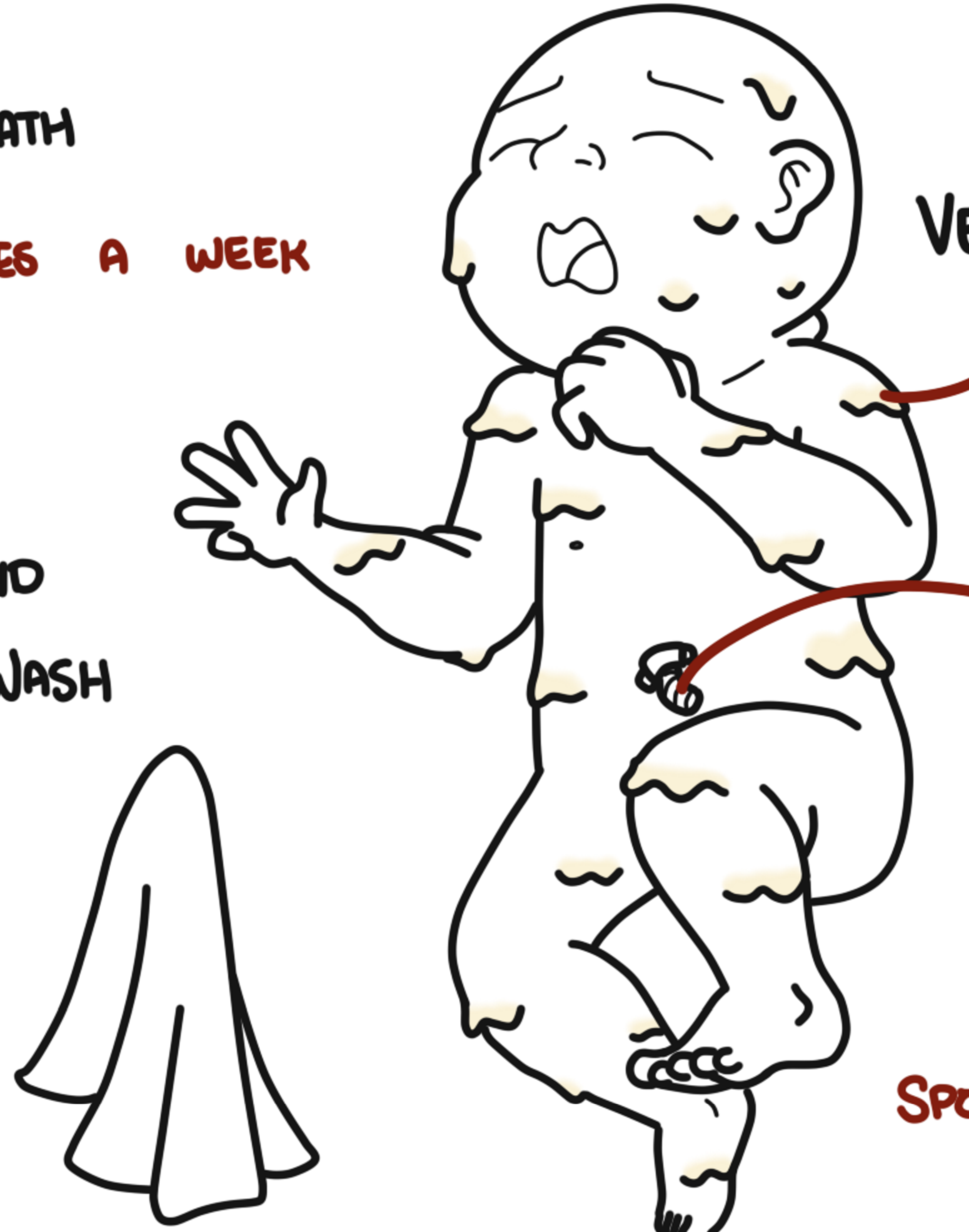
FULL BATH
2 TO 3 TIMES A WEEK

"TOP AND TAIL" WASH

VERNIX
HAS PROTECTIVE, ANTIBACTERIAL PROPERTIES AND HELPS WITH TEMPERATURE REGULATION

WAIT FOR UMBILICAL CORD STUMP TO FALL OFF
7 TO 10 DAYS OLD

Sponge Baths BEFORE THEN



How TO SET UP BATH TIME

WARM UP THE ROOM

USE SHALLOW WATER
WARM (37 - 38°C)

PLAIN WATER

MOISTURISER OPTIONAL

MILD, FRAGRANCE - FREE PRODUCT

KEEP IT SHORT AND SWEET
(5 - 10 MINUTES)

HAVE EVERYTHING READY



WHAT PRODUCTS SHOULD I USE ?

⊘ BUBBLE BATHS, HARSH SOAPS, ADULT SHAMPOOS

WHAT IF BABY DOESN'T LIKE BATHS ?

USE CALM VOICE AND EYE CONTACT

KEEP BATH BRIEF

BATHE AT DIFFERENT TIMES

ENSURE BABY IS RESTED & FED



AS BABY GROWS

- 0 - 2 MONTHS**
 - GENTLE SPONGE BATHS OR BRIEF IMMERSION
 - BATHE 2 - 3 TIMES A WEEK
- 2 - 6 MONTHS**
 - INTRODUCE WASHCLOTHS, MILD CLEANSERS
- 6 MONTHS AND OLDER**
 - DAILY BATHS
 - ADD BATH TOYS, SONGS, AND PLAYTIME

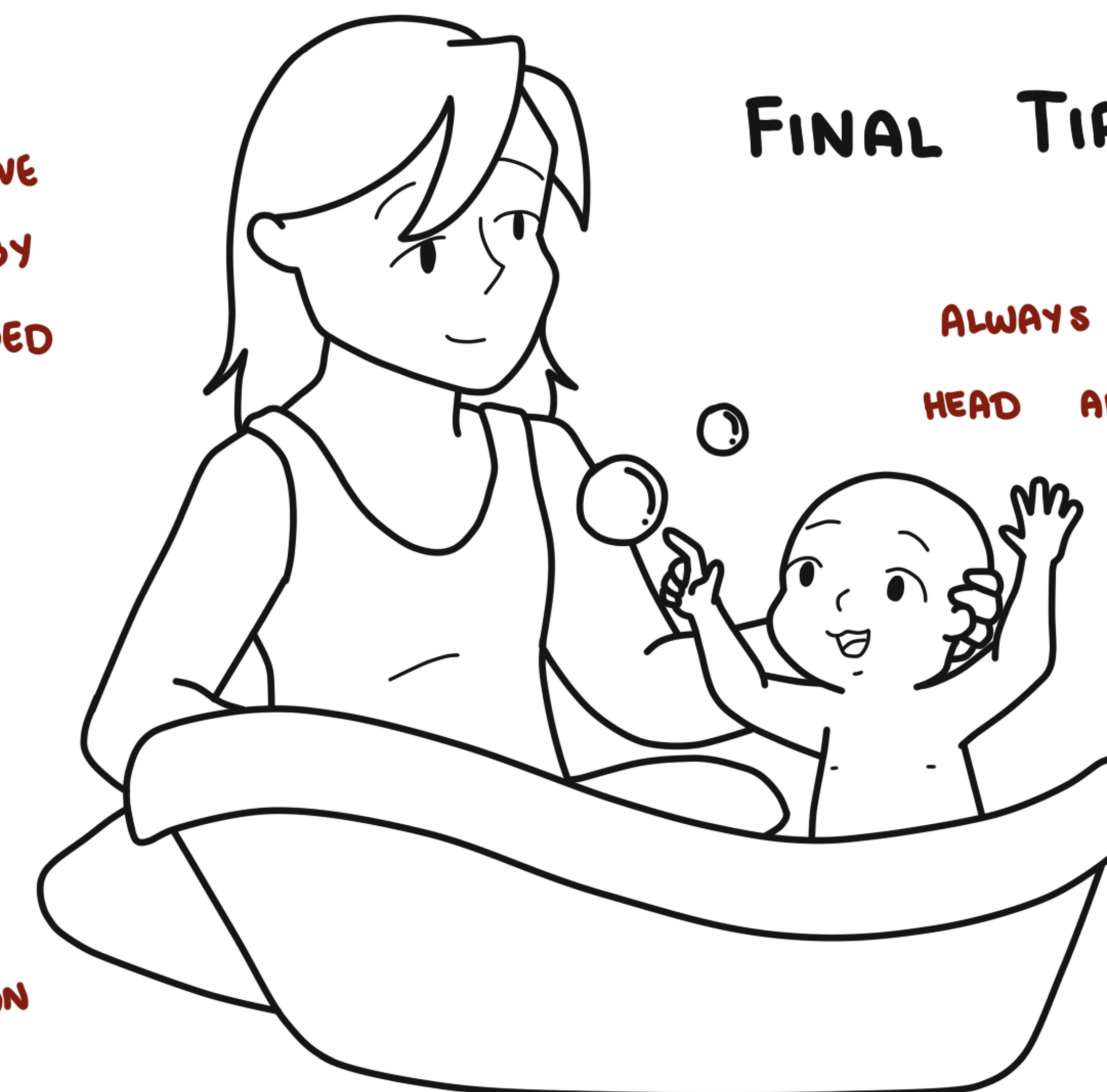
FINAL TIPS

NEVER LEAVE YOUR BABY UNATTENDED

WATCH FOR SIGNS OF DRY SKIN OR IRRITATION

ALWAYS SUPPORT HEAD AND NECK

MAKE BATH TIME ABOUT CONNECTION



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