Tips to Safely Bathe Your Baby

Bathing your newborn may feel overwhelming at first, but like most things, the more you do it the more comfortable you will become.

Before beginning the bath, make sure you have gathered the items you will need. Have diapers, clothes, towels, and washclothes prepared. Below, you will find additional tips to help you keep your baby safe during bathtime.

NOTICE: *Turn your hot water heater down to 120° or lower to avoid burns.*

1. Never Leave Your Baby Alone
- Even a small amount of water (less than an inch) can be deadly for a newborn.
- Always take your baby with you if you must leave the room.

2. Use a Small Tub to Put the Water In
- You can control the water temperature for your baby's bath easier in a smaller tub.
- Place cool water in the tub first and then add warmer water to it.
- Mix the water until it feels warm, but not hot.
- Test the water with your elbow or put a drop on the inside part of your arm. If you would prefer, you can purchase a thermometer made for testing the temperature of bath water.

3. Make Sure Baby Is Kept Warm
- Make sure the temperature of the room you are bathing your baby in is around 75°.
- Make sure baby is out of breezes and/or drafts when wet.
- Wash your baby's head last.
- Pat your baby dry as soon as you are finished with the bath.
- Cover your baby's head with a dry towel to keep them from getting a chill.

4. Use Care When Bathing Your Baby
- Only clean the parts of your baby that you can see.
- Don't put cotton swabs into your baby's ears or nose.
- Don't bathe your baby in a tub until the umbilical cord falls off. Once their belly button has healed, you can get the baby's entire tummy wet.