



The Best Way to Bathe Your Baby

Here's how to do it and what you'll need to make baby-bathing easy. With any luck, his bath will become one of the most enjoyable parts of your days together:

- 1** Assemble all necessary bath accessories.
- 2** Fill the tub with 2 to 3 inches of water that feels warm but not hot, about 90 degrees Fahrenheit (32 degrees Celsius).
- 3** Bring your baby to the bath area and undress him completely.
- 4** Gradually slip your baby into the tub, using one hand to support his neck and head. Pour cupfuls of bath water over him regularly during the bath so he doesn't get too cold.
- 5** Use soap sparingly (it dries your baby's skin) as you wash him with your hand or a washcloth from top to bottom, front to back. Wash his scalp with a wet, soapy cloth. Use a moistened cotton ball to clean his eyes and face. As for your baby's genitals, a routine washing is all that is needed. If dried mucus has collected in the corner of your baby's nostrils or eyes, dab it several times with a small section of a moistened washcloth to soften it before you wipe it out.
- 6** Rinse your baby thoroughly with a clean washcloth.
- 7** Wrap your baby in a hooded towel and pat him dry. If his skin is dry, or if he has a bit of diaper rash, you may want to apply a mild lotion after his bath.

