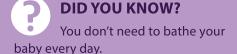
### **BABY CARE**

# **Cleaning**

### **Daily Cleansing**

Each day from when your baby is born, wipe their face, neck and diaper area, in that order.

### **Bathing**



### Safer bathing

- ✓ Always have at least one hand on your baby while they're in the bath.
- ✓ If you can, set your hot water tank below 49°C (120°F).
- ✗ Never leave your baby alone when they're in or near the bath − not even for a moment.
- **X** Don't use:
  - ✗ bath oils, which will make them slippery
  - cotton swabs, which can hurt delicate areas
  - ✗ bath seats or rings, which pose a drowning danger

### **BRAIN BUILDER**

Make bathing an interactive experience. Smile, make eye contact, sing and talk to your baby.



#### **HOW TO**

Bathe your baby

- **1.** Have the room warm 22 to 27°C (72 to 81°F).
- **2.** Use a sink, basin, baby tub or if you get in with them your regular bathtub.
- 3. Lay out a blanket or towel.
- **4.** Put everything you'll need within reach.
- **5.** Use warm not hot water.
- **6.** Wash parts from cleanest to dirtiest. Start with the face, using only water, and clean the diaper area last. Use a mild, unscented soap on visibly dirty parts, like the diaper area and hands.
- **7.** Use mild, unscented soap or baby shampoo on their hair and rinse well.
- **8.** Place them on the towel and pat them dry. Move quickly, since babies cool down fast. Be sure to dry in areas where their skin folds.

#### WHAT YOU CAN DO

Sit in the tub and have your partner pass your baby to you. When the bath is finished, pass them back before getting out.

## **Parts Needing Special Care**

#### **Eyes**

Using a clean, damp cloth, wipe from the inner to the outer corner.

#### **Ears**

Clean only the outer part, using a washcloth wrapped around your finger. Don't use cotton swabs.

#### Genitals

Gently clean between the outer folds of labia and the outside of penis foreskin. Don't pull on foreskin.

### **Teeth and gums**

Wipe gums daily with a damp, clean cloth. Once their first teeth appear, use a soft baby toothbrush and a grain of rice sized amount of fluoride toothpaste for babies in the morning and at bedtime.

#### **Umbilical** cord

Keep the area dry. After bathing and diaper changes, wipe with a damp cotton swab or washcloth and dry well. When putting on a diaper, fold it down so it lies below the cord. After the cord falls off (around 5 to 15 days), clean the belly button with warm water or gentle soap and water for a few days. If the area around the cord is warm, red or swollen or has a bad-smelling discharge or if the cord won't dry out, call your health care provider.

#### Nails

Keep them trimmed to keep your baby from scratching themselves. Trim them when your baby is asleep or sleepy, so their hands are open and still, or after a bath when their nails are softer. Use blunt scissors or a nail file. On toes, cut or file straight across so they don't get ingrown nails.

Baby's Best Chance