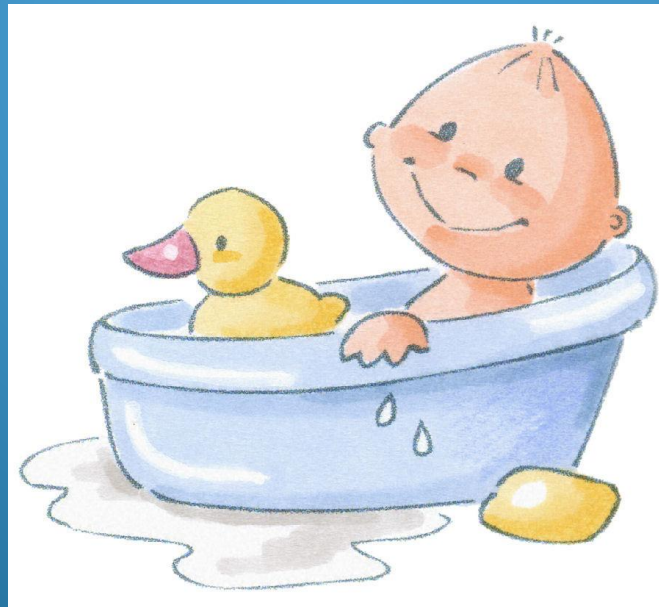


Bathing Your Baby



When to Bathe Your Baby

- In order for your baby to get a bath, they need to have:
 - Regular heart rate
 - Regular body temperature
 - Be breathing well
 - Stable oxygen
 - No damaged or open skin
- Your baby can have a bath every 3-4 days
 - Bathing too often can dry out and hurt your baby's skin
- If you would like to be a part of bathing, let your nurse know what time works best for you!

Swaddled Bathing

- In our NICU, we bathe our babies using the “*swaddled bathing*” technique
- Keeping your baby swaddled in a blanket during their bath helps to keep them calm
- Swaddled bathing also helps to:
 - Lower stress for you and your baby
 - Keeps your baby calm and alert
 - Helps you feel more comfortable bathing your baby

Here is how to swaddle your baby before their bath:

- Make sure not to swaddle them too tight
- You will be unwrapping each arm or leg during the bath



Bath Supplies

- Before you start your baby's bath, set up what you need by the bathtub:
 - Bathtub
 - You can use one from home or we have a small gray tub if baby is small enough
 - Large bathtubs are available in the unit if baby is big enough
 - Thermometer
 - Wash clothes
 - Cotton Balls
 - Johnson and Johnson Soap
 - If your baby is older than 32 weeks
 - Pacifier
 - Warmed blankets
 - Blanket for swaddling
 - Clean diaper/ diaper creams
- DO NOT use lotions or powders



Temperature Check

- It is important that you check your baby's temperature before their bath to make sure they are warm enough to stay warm for the whole bath
- You will want to check your baby's temperature after their bath to make sure they are warming up
 - You can add a hat or an extra blanket after their bath to help keep them warm



Swaddle Bath Time!

- Fill the tub with water and check that the temperature is right.
- Temperature should be 100-104F
- Check with thermometer you use to take your baby's temperature
- Undress and swaddle your baby.
- Place them gently in the tub up to their shoulder level.
- ALWAYS keep one hand behind your baby's head.
- Wash your baby's face first with a gentle wash cloth without soap on it.
- Wipe their eyes from nose to ear using a different part of the wash cloth each time. Clean behind their ears.
- Un-swaddle one body part at a time to wash leaving other parts swaddled. Wash from the cleanest part of the body to the dirtiest
- Re-swaddle each area after washing before moving onto the next body part.
- Wash your baby's hair last to keep their body temperature steady.
- When finished, slowly un-swaddle your baby from the wet blanket, remove the baby from the water and place them in a pre-warmed dry blanket.
- Make sure to dry your baby off completely before dressing.

Sponge Bath

- If your baby is still in an isolette, you will need to give them a sponge bath
- This is usually done with warm water and cotton balls
- It is important that you take several rest breaks while you are giving your baby a bath
 - These breaks help your baby get used to bathing and reduce any rubbing on their skin that might hurt



Tips for Baths

- **If your baby is able to get a tub bath, you do not need to wait until their umbilical cord has fallen off**
 - Make sure to dry the cord off thoroughly after a bath
- **If your baby's skin is dried out from bathing:**
 - ask the nurse if Aquaphor can be ordered
 - or if you have been given massage oil for massage this can be used as well
 - Make sure you apply Aquaphor or oil after any stickers for leads or other tubing are put on so they stick to your baby
- **Your baby may have a lower temperature after bathing**
 - Check their temperature after bath and add an extra blanket or hat to help warm them
- **Your baby's skin has a lot of creases and folds**
 - Lift folds and creases of skin to wash inside
 - Remember when washing girls always wipe their bottom from front to back
- **Your baby will have heart monitor leads and a pulse-oximeter, the leads (stickers) can be hard to get off without hurting the skin**
 - First try and soak off the leads (stickers) with warm water
 - Vaseline or Massage Oil can be used to help get leads or tape to come off
 - Adhesive remover pads can also be used