

Bathing Procedure

1. Pour warm water into the tub and bucket. The water should be nice and warm, but not hot. Test it with your elbow. If it feels hot to you, then it's definitely too hot for the baby. You only need about 3-4 inches in the tub.



2. Undress the baby and place her in the tub. To keep her from becoming cold and whiny, lay a washcloth across her chest and keep pouring warm water from the bucket over her. But always have one hand holding her in place.

3. Using a clean washcloth, wipe the eyes from the bridge of the nose out. Then move on to the rest of the face, outer ears and neck. The baby's neck folds are surprisingly cavernous, providing ample storage space for dirt, lint, fermenting spit up, and maybe even spare change. If left unwashed, they can become infected.

4. Move onto the arms, legs and torso. The armpits, belly button and leg folds are also perfect nooks for dirt and grime to gather. Use soap on the body a few times a week, and just water the rest of the time, but you can soap the diaper area every time. Rinse off the soap with cups of clean water from the bucket.

5. Wash the hair. Because babies lose much of their heat through their heads, do this last. Use a couple of drops of baby shampoo several times a week.

6. Place the baby on a dry towel and pat her dry.

Tape this page to the wall next to the bathing location for reference.

For more tips on giving a baby a bath, read pages 38-44 from the book

Be Prepared: A Practical Guide for New Dads

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