

# Cleaning

## Daily Cleansing

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

## Bathing



### DID YOU KNOW?

You don't need to bathe your baby every day.

### 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.
- ✗ 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.