

Bathing

It's important to keep your baby clean. Make your baby's bath time fun by talking, singing, and playing.

You can give your baby a tub bath every day if you and your baby enjoy it, but it's not necessary.

Every day, you need to:

- **Wash your baby's face** with warm, clear water.
- **Wash your baby's hands and diaper area.** Use a clean washcloth and mild soap. Rinse well.
- **Wash and dry around the base of the cord.**

It may take a while for some babies to learn to like tub baths. This is because babies like to be warm and snug. Many don't like the feel of cool air on their bare, wet skin.

Many babies enjoy an after-bath massage.



Your baby wants you to know...

Give me time to get used to a bath. In a few months, I might like playing with you during bath time so much, I won't want to stop!

Added info...

Until your baby's first tooth comes in, you need to clean the inside of your baby's mouth every day.

Wrap a clean damp facecloth around your finger. Wipe the inside of baby's mouth and around the gums.

If you notice white spots or a white coating that doesn't wipe off the gums, tongue, or cheeks, contact your health care provider.

You'll find more information about care of your baby's mouth and teeth on [page 88](#).

CAUTION!

Always test the water before you put your baby in the bath. You can test the water by dipping your elbow. Hot tap water can burn your baby.

Never turn your back or let go of your baby during a bath, even for a second. A baby can drown in less than 2.5 cm (1 inch) of water.

Bath seats and rings are **NOT** safe for babies.

Loving Care



Birth to 6 Months

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