

Tub Bath

- 1 You can start to put the baby in a **small tub** after the **cord falls off** and the **circumcision** heals
- 2 Put the baby's tub on a **FIRM SURFACE**
- 3 Test the water **temperature** with your **elbow** – not your hand
- 4 When the baby is in the tub, **SUPPORT** the **head and back** with one hand
- 5 Start with the eyes
- 6 Then clean the rest of the body
- 7 **Talking** or **singing** to your baby makes the bath **FUN**
- 8 **NEVER** leave your baby **alone**



Tub Bath

- 1 You can start to put your baby in a small tub after the cord falls off and the circumcision heals** After the umbilical cord has dropped off and the navel (belly button) and circumcision have completely healed, your baby is ready for a tub bath.
- 2 Put the baby's tub on a firm surface** If you are using a baby tub or dish pan, put it on a firm surface such as a kitchen table. You can bathe your baby in a clean sink, but don't use a big bath tub. It's not safe.

Where are you, or will you be, bathing your baby?
- 3 Test the water temperature with your elbow - not your hand** Put about 3 inches of warm water in the tub. Check the temperature of the water with your elbow - not your hand. Your elbow is more sensitive - if the water is too hot for your elbow, it's too hot for your baby.
- 4 When your baby is in the tub, support the head and back with one hand** When you put your baby in the tub, always support his/her head and back with one hand - don't let go of your baby while he/she is in the tub.
- 5 Start with the eyes** Start the tub bath just as you started the sponge bath - by cleaning the eyes with a clean washcloth or cotton balls and water. Then clean the rest of the face and head; shampoo the hair as needed.
- 6 Then clean the rest of the body** Wash the rest of your baby with your hand or washcloth and rinse well. Be sure to get the skin folds clean - under the neck, between the legs, between the toes. Take the baby out of the tub using both hands and place him/her on a firm surface. Dry the baby quickly and dress him/her. You don't need to put powder, lotion or oil on the baby's skin or hair. You can use a small amount of A&C ointment or vaseline on the diaper area if you wish. If there is a problem with your baby's skin, call your doctor or clinic.
- 7 Talking and singing to your baby makes the bath fun** Talking or singing to your baby during bath time can make this time a very pleasurable experience for both of you.
- 8 Never leave your baby alone in the tub** Never leave your baby alone during the bath. If you need to get something, or answer the phone, wrap your baby in a towel and take him/her with you.