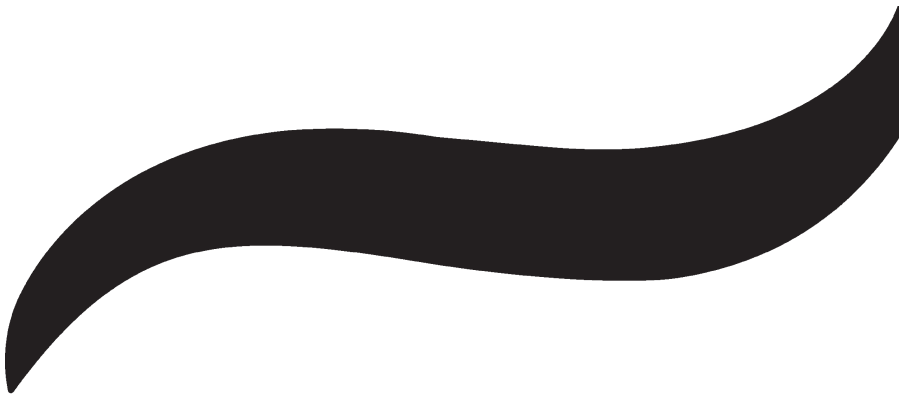




# Swaddle Bathing

Information for parents  
Neonatal Unit



## KEY POINTS

- ❖ Always check the temperature of the water in the bath with a bath thermometer.
- ❖ Remember to clean under baby's chin.
- ❖ Clean the baby's hands, fingers, feet and toes.
- ❖ Wrap your baby in a towel and pat them dry.
- ❖ Dress and cuddle your baby and keep them warm.
- ❖ Offer your baby a feed.
- ❖ After the bath your baby may need a sleep.



Bathing your baby can help you get involved in your baby's everyday care.

Giving your baby a bath is one of the joys of parenting.

**A quote from a parent:**

“My baby's first bath was an amazing experience for us both.

Such a great bonding experience for both myself and my daughter and to see her really relaxed with a swaddle bath made my experience even better”

## SWADDLE BATHING



Your baby will be given a bath and you and your partner can be present.

A nurse will do a demonstration bath.

You will be shown how to swaddle bath your baby.

- ❖ Swaddle bathing is a gentle way to bath your baby.
- ❖ Your baby will be swaddled in a muslin cloth and placed in a baby bath.
- ❖ Your baby will be washed and re swaddled in the muslin.
- ❖ You will wash your baby's hair at the end of the bath.
- ❖ You will wrap your baby in a towel and dry them.

### DATE OF MY BABY'S BATHS:

Date	Comments

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