

For tub baths once the cord stump has fallen off and healed. Keep it short, warm and unhurried — five to ten minutes is plenty.

- ☐ Room is warm
- ☐ Washcloth, mild cleanser, towel ready
- ☐ Diaper, clothes and moisturizer laid out
- ☐ Tub filled with only 2–3 inches of water
- ☐ Tap turned off before baby goes in
- ☐ Water tested with wrist or elbow

- Leave baby alone in or near water — not even for a second
- Run water while baby is in the tub
- Rely on bath seats or rings to keep baby safe
- Use bubble bath or perfumed products

- 1 Lower baby in feet first, supporting head and neck.
- 2 Pour cupfuls of warm water over the body to keep warm.
- 3 Wash the face with plain water.
- 4 Wash body top to bottom, cleanser only where needed.
- 5 Wash the diaper area last.
- 6 Wash and rinse hair; for curls, condition and finger-detangle.
- 7 Lift out onto a towel, wrap and pat dry.
- 8 Moisturize within a few minutes if skin tends to be dry.

[illegible]