

Baby Grooming Checklist

A few simple tools, used gently. Pick calm moments — after a bath or while your baby sleeps — and keep one hand on your baby.

Nails

WEEKLY

- ☐ File or trim fingernails (toenails less often)
- ☐ Use baby clippers, blunt scissors or an emery board
- ☐ Press the finger pad away from the nail
- ☐ Smooth sharp corners with a file

Nose

AS NEEDED

- ☐ 1–2 drops of saline in each nostril
- ☐ Gentle bulb syringe or aspirator
- ☐ Clean the tool after each use

Hair & scalp

2–3× A WEEK

- ☐ Wash with a mild baby shampoo (coily hair may need less often)
- ☐ Loosen cradle cap gently with a soft brush
- ☐ Detangle damp curls with fingers or a wide-tooth comb, ends first
- ☐ No tight bands, clips or braids

Gums & teeth

DAILY

- ☐ Before teeth: wipe gums with a clean, damp cloth
- ☐ First tooth: brush twice a day
- ☐ Rice-grain smear of fluoride toothpaste

Ears

- ☐ Wipe outer ear and behind ears with a damp cloth
- ☐ Nothing inside the ear canal — no cotton swabs

Skin

DAILY

- ☐ Wipe neck folds, chin and hands
- ☐ Clean diaper area at every change
- ☐ Moisturize dry or ashy spots

Grooming kit

- ☐ Nail file / baby clippers
- ☐ Soft brush + wide-tooth comb
- ☐ Saline + bulb syringe
- ☐ Digital thermometer
- ☐ Infant toothbrush

! Call your pediatrician for redness, swelling or pus around a nail; red, oozing or spreading scalp patches; ear discharge or ear-pulling with fever; or a baby too congested to feed.

Notes
