

Name of Child: _____ Date: _____

How to Bathe Your Premature or Sick Baby

Bath time can be fun and relaxing for you and your baby. If, during the bath your baby yawns, hiccups, or changes color, pause. Touch your baby gently, helping him or her to relax.

What you need:

- a dim, quiet, warm place
- a chair, so you can sit at the height of the baby's bath
- a tub
 - The tub should be large enough to soak your baby's whole body.
 - Put soft foam or folded blankets on the bottom of the tub
- water, slightly warmer than body temperature
- soft blankets
- yes no if your baby is in an isolette, warmer lights
 - Lights can also be used to keep a blanket warm.
- wash cloths
- soap
- shampoo
- hair brush or comb
- diaper
- clothing



If, during the bath your baby shows signs of stress, pause. Touch your baby gently, helping him or her to relax.

What to do:

1. Place the tub so the baby will not face direct light.
2. Fill the tub with water that is slightly warmer than body temperature.
3. Gently undress your baby.
4. Loosely wrap your baby in a blanket, in a softly tucked position.
5. Wash your baby's face. Use one corner of a wash cloth for each eye, one corner for the mouth, and one corner for the cheeks.
6. While your baby is wrapped in the blanket, lower your baby into the tub.
7. Gently touch your baby as he or she gets used to being in the water.
8. Unwrap the blanket from around one arm. Wash the arm, rinse it, then rewrap that arm.
9. Unwrap the blanket from around the other arm. Wash the arm, rinse it, then rewrap that arm.
10. Unwrap the blanket from around one leg. Wash the leg, rinse it, then rewrap that leg.
11. Unwrap the blanket from around the other leg. Wash the leg, rinse it, then rewrap that leg.
12. Wash the diaper area, from front to back.
13. Wash and dry your baby's hair.
14. Put a warm, dry blanket on your chest.
15. Take the baby out of the wet blanket. Tuck in your baby's arms and legs, and gently lift your baby to your chest.
16. Dry, diaper, and clothe your baby.
17. Cuddle your baby so he or she can fall asleep.



**When the bath is over,
cuddle your baby so
he or she can fall asleep.**

Now that you've read this:

- Show your nurse how you bathe your baby. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrenshospital.com

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