

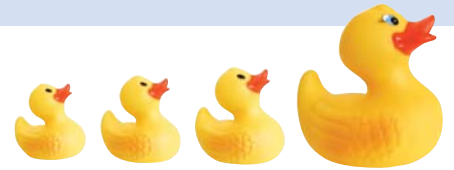
Bath time

Top 8 items you need for bath time

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|---------------|---------------------------------|---|
| 1 Baby bath | 4 4 flannels or soft sponges | 7 Rubber mat |
| 2 Baby wash | 5 Water temperature thermometer | 8 2 bath towels |
| 3 Baby lotion | 6 Baby safe bath toys | (reserved especially for your baby's use) |

- As long as you clean your baby's nappy area well after each change, washing every one to two days is plenty
- Warm the room to at least 20°C, and keep undressed time to a minimum
- Make sure everything you need for washing, drying, and dressing is within reach
- When running the bath make sure that water is around 37 – 39°C. Hold your baby safely and supervise at all times
- Test the water first, don't add hot water while baby is in the bath. Add liquid baby bath wash to the water as it is easier to use than soap
- Use a baby-safe wash to clean your baby. Choose a wash and lotion that best suits your baby's skin type:
 - Extra Sensitive for sensitive or newborn skin
 - Lavender or Chamomile for normal skin or to relax baby before going to sleep
 - Shea Butter or fragranced for dry to normal skin
- Baby massage after bath with a baby safe lotion is a good way to relax baby, whilst also keeping babies skin soft and smooth
- A regular daily routine of bathing and massaging your baby will help promote better sleep

Tips for bath time



- Bath time is a great way to bond and connect with your baby.
- But it's also a time to nurture and clean your baby's precious skin.
- Many parents feel nervous when they first bathe their babies.
 - Establish a routine so you can relax and enjoy the time.

