

Baths for babies under the age of 1



Bath time is an important moment of interaction between you and your child.

When should you give your child a bath ?

There are no set rules. The best time is when you feel the most comfortable and available to bath your baby. It isn't necessary to bath your child every day; 2-3 times a week is enough.

So how do you go about it ?

Make sure the room temperature is comfortable, about 20-22°C and that there are no draughts. Wash your hands and prepare the necessary items for the bath itself and for when the baby comes out of the bath :

- Simple bathtub for baby
- Towels and flannels
- Mild soap
- Cotton, cotton pads
- Nappies and baby clothes
- Cream for baby's bottom if needed

Bath thermometer if necessary

In practice

Prepare the bath with water at around 37°C. Check the temperature with a thermometer or your elbow. The water should feel comfortable, neither too hot nor too cold.



- Place a towel on the changing mat
- Undress your baby
- Clean their bottom before putting them in the bath
- Depending on your personal preference, you can lather your child either on the changing table or directly in the water
- Wash your child from head to toe, in every skin fold, either with your hands or with a flannel. It is important to clean thoroughly in the folds, around the neck and to open their hands wide in order to properly clean them.
- Rinse the baby in the bathtub by supporting their head with your forearm, your hand holding their upper arm
- Let them relax and enjoy the water for a few minutes at first, gradually increasing the time spent in the bath
- If your baby's hair is dirty, you can wash it with a mild non-irritating shampoo



- Take your child out of the bath and pat them dry, paying careful attention to dry in the skin folds
- Put the nappy (diaper) on and then dress the baby
- Finish with any facial skincare
- Refer to the leaflet on "Taking care of baby's skin, eyes, ears, nose and nails".



Important

Be aware of the following risks:

- Falls: always keep a hand on your baby when they are on the changing table to prevent them from falling.
- Burns: always check the water temperature.
- Drowning: never leave baby alone in the bath, bath restraints or bath-holding devices are not recommended.

Never leave the baby alone and unsupervised while bathing!



Programme cantonal de promotion de la santé et de prévention primaire enfants (0-4 ans) - parents



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