

# Taking care of baby's skin, eyes, ears, nose and nails



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## Facial care

Wash baby's face with clean water, without soap.

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## Eye care

If there is any discharge:

- Take a cotton compress soaked in water or saline solution
- Clean the eye from the cleanest side towards the dirtiest
- Use a clean compress for the other eye and repeat the procedure.

If there is a lot of discharge, you should ask your midwife, the early childhood nurse or your paediatrician.

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## Ear care



- Never use a cotton bud in your baby's ear
- Simply clean the outer ear with cotton wool or a compress soaked in water or saline solution and dry it well
- Do the same for the area behind the ear



## Nose care



Your baby breathes mainly through their nose; they are not yet able to breathe through their mouth, so it is important to keep their nostrils clear. If you see any fluid:

- Take some cotton wool and roll it between your fingers to make it thin and pointy
- Soak it in water or saline solution
- Insert it into the nostril and rotate it to collect the mucus

- Do the same for the other nostril

If your baby has a cold or a lot of mucus, you can do some nasal washes. Refer to the leaflet on “Blocked nose: Nasal irrigation in the event of a cold”



## The umbilical cord

The umbilical cord will fall off by itself between 3 and 14 days after birth. If it is dirty, you can clean it with a compress soaked in water and a little soap. If you notice any redness, a bad smell, discharge or if the cord is slow in falling off, talk to your midwife, early childhood nurse or paediatrician.



## Genitals and bottom

When washing the baby's genital area and bottom, use dry wipes moistened with clean water and no soap, rather than wet wipes, which can irritate the skin.

**Boy:** clean the foreskin without pulling it back

**Girl:** clean between the inner labia from front to back, only if there is stool. Vaginal secretions are common and normal.

Urine and stools (faeces) can irritate the baby's skin. If your baby's bottom is red, change the nappies as soon as they are wet. Let your baby's skin air dry as much as possible. Then apply a thick layer of barrier cream.



# Nails



It is not recommended that you cut your baby's nails before the age of one month. You can gently file them with a small nail file made of cardboard.

After the age of one month, choose the right time to cut your baby's nails: after a bath, when the baby is calm or when they are sleeping.

- Use a suitable pair of nail scissors for babies
- Cut the nails straight without rounding the corners



## Important

- Wash your hands before handling and caring for your baby
- Never use a cotton bud in baby's ear
- It is not advised to cut baby's nails before the age of one month



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



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