



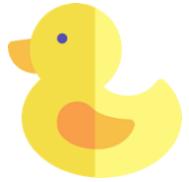
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## Baby Bath



Bathing the baby is one of the most enjoyable tasks that a mother does for her child, and many mothers may feel anxious when bathing their newborns, because it is difficult for them to hold the newborn because she feels that it is easy to slip, so it may fall from her hand and cause harm.



**Dear mother, here are some tips for a safe baby bath:**

1. Before starting, all necessary tools must be prepared:

- Lukewarm or warm water.
- Baby clothes.



## Dear mother, here are some tips for a safe baby bath:

1. Before starting, all necessary tools must be prepared:

- A piece of sponge to clean the body.



- Diaper.



- Plastic oval basin.



- Lotion intended for children.



- A clean towel to dry the body.

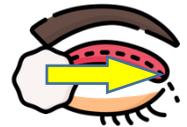


## Dear mother, here are some tips for a safe baby bath:

2. Make sure to warm the room and put an amount of hot water that does not exceed 36 ° C by placing the elbow in the water.



3. Soak a small cotton ball with warm water and wipe the eyelid of the child's eyes, starting from the beginning of the eye to the end. (A cotton ball should be used for each eye)



4. Start by washing the head firstly and do not take off the child's clothes by placing it in the mother's lap, then dry the head.

**Dear mother, here are some tips for a safe baby bath:**

5. Use the lotion with a wet sponge to wash the baby's face, then his neck and wash the front part of his body, then turn the baby over and wash the back area well. Wash the folds of the baby's skin and the anal area as the last step and do not leave the baby alone in the bathroom.



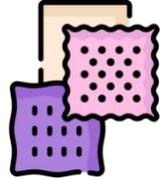
6. Make sure the baby is in a safe place before flushing out the bath water.





## Notes when bathing baby girls:

1. When cleaning the diaper area, use warm water and a soft piece of cotton cloth.



2. When cleaning the genital parts, the direction of the cleaning process should be from front to back, and the folds of the vulva must be carefully cleaned.

3. Make sure the area is dry before putting on the diaper.



4. Never sprinkle powder on the vulva area because it may lead to the powder getting into the urethra or genital tract, which may lead to infections in the area.



5. Nappy cream can be used if needed.



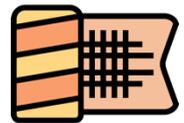


## Notes when bathing baby boys:

1. There is no special care for baby boys regarding diaper area unless the child is circumcised.



2. If the child is circumcised, the area should not be submerged in the bathtub until the wound heals. And always protect the wound area by applying gauze containing Vaseline or an ointment consisting of an antibiotic, as advised by the doctor.



3. Make sure the area is dry before putting on a diaper.

4. It is possible to use a diaper care cream if needed.





## Important notes:

- It is better to bathe the child when he is calm.
- Avoid making bath for the child immediately after the feeding process.
- Avoid the presence of air currents in the place of the child's bath
- Do not answer any phone while bathing the child.
- Do not put too much soap in the sink, or the baby will become slippery.
- Be careful not to insert anything into the newborn's ear, because the outer ear is short and may lead to a rupture of the child's eardrum and pushing dirt inside.





## Important notes:

- If a thick layer of peel is formed on the head because of fatty secretions and dirt gathering, then it can be removed with warm olive oil on the child's head an hour before the bath, then the head is washed and dried, and by repeating this process the scales will be removed completely.



### Sources and References:

All pictures used from Flaticon.com & Freepik.com

### :Review and Audit

The content of this booklet has been reviewed by  
Obstetrics and Gynecology Consultants at King Fahd  
University Hospital

# Health Awareness Unit

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