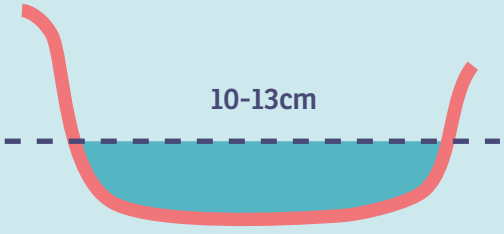
Bathing a newborn

Babies only need a bath 2 to 3 times a week, but if your baby enjoys it, you can do it every day. Follow our easy guide to giving your baby a bath.

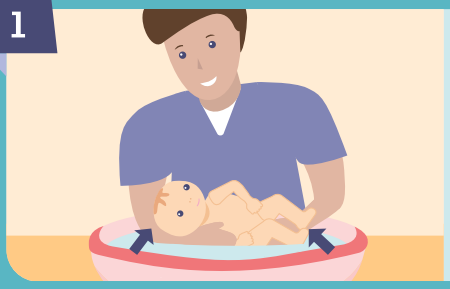
What you need

- soft wash cloth
- towel
- nappy
- clean clothes
- cotton wool balls



37-38° Use a thermometer or your wrist to test

1



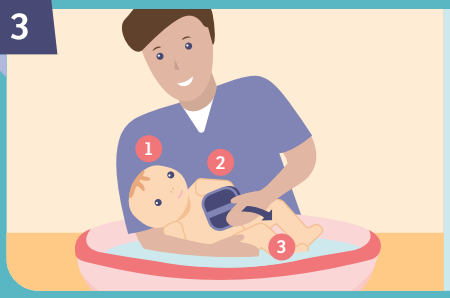
Lower your baby into a warm bath. Supporting their head on your arm with your hand holding your baby's upper arm.

Use your other arm to support their body. This is the arm you will use to wash your baby.

2

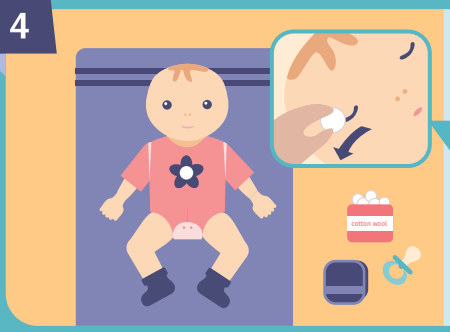
Gently splash water onto your baby's head. They don't need shampoo until they are older.

3



Wash their face first, then their neck and body and lastly clean their genitals and bottom.

4



Have a towel laid out ready to dry your baby.

To clean their eyes, use a damp cotton wool ball, starting from the inner eye. Use a fresh cotton ball for each eye.

Never leave your baby alone in the bath or on the change table