



Bathing Baby Teaching Package
for Parents/Carers on the Neonatal Unit
and Transitional Care

Patient details/Patient sticker

A separate sheet is needed for each care giver.

When Parents sign they are confirming that they have been shown how to bath their baby, practised with supervision, accept responsibility and feel confident and competent to bath their baby

Discussion/demonstration with family	Nurse signature & date (when parent/carer training has been given)	Parent/Carer signature & date (when practised under supervision)	Parent/Carer signature & date (when feels confident and competent)
I have received, read and understood a copy of the Network Parent Information ‘Bathing your Baby on the Neonatal Unit & Transitional Care’			
I have been shown the hand washing technique and use this prior to and after bathing my baby. I will apply alcohol gel before I start the procedure.			
It has been explained to me the importance of: <ul style="list-style-type: none"> • Parents being involved at care times • Responsive care • Comfort holding • When is the best time to bath my baby • Recognising when my baby is well enough to be bathed (or is not so well and should not be bathed) • Pleasant bathing experience and wrapped bathing • Any damaged areas of skin 			
I have been given a demonstration of how to bath my baby by the nursing staff including: <ul style="list-style-type: none"> • Gathering all items needed • Approaching baby quietly, talking softly and touching gently • Checking that the room is warm and draught free • Checking the temperature of the bath water • Washing baby’s hair 			

<ul style="list-style-type: none"> • How to hold my baby while washing him/her in the bath • Taking baby out of the bath and drying them 			
<p>I am able to:</p> <ul style="list-style-type: none"> • Gather the right equipment to bath my baby • Check the temperature of the bath water • Undress my baby and prepare him/her for bathing • Hold my baby while washing • Take baby out of the bath and dry them 			