



Bathing your Baby on the Neonatal Unit & Transitional Care

Parent Information



This information leaflet was designed and produced by the East Midlands Neonatal Operational Delivery Network.

For further information on what we do, please visit our website; www.emnodn.nhs.uk

When your baby is stable and able to maintain his/her temperature without the help of an incubator or heated cot he/she will be able to have a bath.

Bathing is a good way to clean your baby's skin and it is also a chance for you to interact and bond with your baby.

Wrapping your baby in a sheet for bathing can help your baby feel safe and calm.

One of the nurses will be able to help you when you first bath your baby.

Equipment

Collect everything you need before you start

- 2 Clean dry towels
- Baby bath on secure base
- Gauze swabs or cotton wool
- Clean nappy
- Clean clothes
- Bag for dirty nappy and rubbish
- Some units may use a bath thermometer

How to bath your baby

Make sure the room is warm and free from draughts.

Wash your hands.

Fill the bath with warm water and check the water temperature with either a bath thermometer or your elbow. The water temperature should be about 37 degrees Celsius. It should feel warm but not too hot on your elbow.

Remove any monitor leads and the oxygen saturation probe if your baby has them.

Wash baby's face using a piece of gauze or cotton wool. Wrap your baby in a towel, folding a corner over before wrapping. Hold your baby in the crook of your arm over the bath and gently wash his/her hair. Use the folded over corner of towel to gently dry his/her hair.

In the cot, undress your baby and remove the nappy, cleaning his/her bottom if necessary.

Gently lower your baby, feet first, into the bath water until the water is just below his/her shoulders. Let your baby rest his/her feet against the end of the bath so he/she feels secure. Use your hand to gently pour the water over his/her body.

Put a warm dry towel against your body and lift him/her out of the bath. Wrap your baby in the warm towel and dry him/her.

Put him/her back into the cot, put on a clean nappy and dress him/her in clean clothes. Replace monitor leads and oxygen saturation probe.

Clear away all rubbish after the procedure.

In some units as part of developmental care, your baby may be wrapped while in the bath. The nurse helping you to care for your baby will show you how to do this if he/she thinks it would be beneficial.

Inform the nurse helping you to care for your baby if you would like some help with bathing your baby or you have any concerns.