



The bath

This is a truly privileged moment between you and your baby.

Preparation:

Make sure the bathroom is at a comfortable temperature (especially in winter). It is essential to get everything you'll need ready before you start the bath (bath thermometer, body-wash, diapers...). In fact, everything should always be within arm's reach. Make sure the bath water is at the ideal temperature: 37°C. Spread the towel on the baby-changing table so that it's ready for use after baby's bath.

Bathing baby:

Before putting your baby in the bath, use the bath thermometer to check the temperature of the water.

Then gently place your baby in the bath, supporting his head and shoulders with one hand, and putting your fingers under his armpit.

While holding baby under his arms, soap him (without glove), always starting with the head, then the arms, legs and finally bottom and feet.

Once rinsed, baby should be lifted out immediately, especially during the first few weeks.

Drying baby:

Lift baby out of the tub with one hand supporting his neck and head and the other hand supporting his bottom. Once out of the tub, wrap him in the towel for warmth.

Gently pat your baby dry, put his nappy on, then move on to baby care* and dress him.

Tips:

- If you don't feel at ease soaping baby in the bath, you can lay him down on the baby-changing table, soap him and then rinse him off in the bath (give your hands a rinse so that they are not slippery).
- Use an organic pH-neutral body-wash when possible (there are numerous brands to choose from) in a practical pump bottle for ease of use
- There is no best time for bathing your baby: it all depends on your availability and schedule, even if the evening bath is so calming for him.
- Opt for a small tub to start with, your baby won't feel so lost

Never leave your baby alone in the bath or on the diaper-changing table, even for an instant.

*For further information on care, consult the "Baby care" sheet

