



Washing and bathing your baby



Do

- Ensure your baby is awake when bathing
- Ensure the room is warm
- Use warm water (not hot)
- Test the water temperature using your elbow



Don't

- Leave your baby alone in the bath
- Allow other children to look after your baby in the bath
- Bathe your baby straight after a feed, or when they are hungry and tired
- Add liquid cleansers to the bath water



Caution on Bath Seats

The Royal Society for the Prevention of Accidents (RoSPA) recommends that baby bath seats are not used. Babies can drown very quickly with no noise or struggle.

If you decide to use a seat, NEVER leave them unsupervised in the seat.

NHS step-by-step information on bathing your newborn baby:

<https://www.nhs.uk/conditions/baby/caring-for-a-newborn/washing-and-bathing-your-baby/>