

It's Baby Bath Time!

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By Debra Slater

Baby's first bath. It can be a little unnerving, especially if you are a new mother and never given a newborn a bath. Don't worry though, you'll do just fine. Mothers have been giving babies a bath since the beginning of time. Today is much safer with all the new types of tubs designed just for infants and toddlers. And many babies love getting a bath!

Your newborn should just get sponge baths for the first couple of weeks at home or until the umbilical cord heals. Since your baby doesn't need a bath every day, you can give sponge baths twice a week or as often as you feel is necessary. It is important to go ahead and gather everything you will need before you start. And here is the equipment you will need to bath a newborn:

* 1. thick towels or a sponge-type bath cushion * 2. soft washcloths * 3. bath seat for basin or sink * 4. cotton balls * 5. baby shampoo and baby soap (non-irritating) * 6. hooded baby towel * 7. clean diaper and clothing

Make sure the room you are using is warm (around 75 degrees F). Place a non-skid cushion or towel at the bottom of the seat/tub so your baby will not slide around (little ones are very slippery). Run warm water (between 90 to 100 degrees or warm to the inside of your wrist) into the sink/tub. Gently undress your baby while talking in a soothing voice, explaining what you are doing. Place the baby in the water slowly.

Start with the face with just a little bit of baby soap. Next, wash the head, and continue moving downwards. When bathing your baby, make sure to clean the following areas (and creases) thoroughly: neck, ears, buttocks and groin area. Try not to get the umbilical cord area wet; gently clean with a cotton ball dipped in alcohol. And if your son is circumcised, try not to move the foreskin back when cleaning the groin area. Once you have the front clean, then finish with the back side.

Dry your baby thoroughly and then dress them. Make sure the head is completely dry. The first time may take a little bit of time because they will squirm and they are very slippery. But never take your hands off your baby. Once you both get used to this routine, it will be extremely easy. Have fun!

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Making Bath Time Fun And Safe For Your Baby

By Sarah Veda

As your baby grows larger, that little tiny counter top bathtub will become a thing of the past. But, putting a baby into a big bathtub can be frightening for both of you. Here are some ideas to make bath time fun and safe for you and your little one.

Take a bath together Your baby will love having you play and splash with her, especially if she is a little afraid of the big bathtub. This works best when baby is old enough to sit up on her own, so you don't have to hold her the entire time.

Buy a bath ring Bath rings are great for babies who can't sit unsupported just yet, because they keep the baby from slipping down into the water

Try an inflatable bathtub Inflatable tubs fit snugly down inside your bath tub. They are soft, with big puffy sides that help keep baby upright. Plus, these tubs make the large tub seem a little smaller and less overwhelming to the baby. I found this to be a great way to transition my children into the big tub.

Buy lots of bath toys If your child is a little fearful of the tub, the best way to deal with the fear is to take his mind off it. There are loads of toys for the bath, from a plain old rubber ducky, to battery operated fish that swim around, to paints designed for writing right on the walls. Find the right combination of bath toys, and only let him play with them in the bath, and you should be able to turn bath time into the favorite time of day.

Color the water There are some great bath time products that can color your bath water. Children are delighted to be able to pick the color of the bath. It's a great way to teach colors, too!

A couple of final words about bath time – be sure you are using children's bath products. The last thing you want is a child who is already fearful of the bath getting soap or shampoo in his eyes. Plus, adult products can be drying and cause skin irritation. And, never leave baby unattended in the bath, not even for a second. The bath can be loads of fun for your child, but only if it's safe, too.

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

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