

# Six ways to make bathtime easy and fun

1

## Establish a bedtime routine

Bathing your baby each night can form part of a relaxing bedtime routine, and is a great bonding opportunity for you and your partner. Try to time it for when your baby is not hungry or too sleepy. Make sure the bathroom is warm (around 20°C is ideal), and that you have everything you need to hand before you begin.

2

## Try top and tailing

In the first few weeks it's not really necessary to bathe your baby, as newborns' skin is still rich in protective oils from the womb. Instead, use a top and tail bowl and cotton wool to wash your baby's face, behind their ears, in neck creases, their hands and bottom, using a fresh piece of cotton wool for each area. For the first six weeks, it's best to use cooled, boiled water to clean around your baby's eyes.

3

## Use a baby bath or support

A wet, wriggly newborn can be very slippery, so you'll find a bath that helps support your baby safely invaluable. Traditional baby baths are designed to hold water, while bath supports with anti-slip bases sit in your full-size bath.

4

## Choose gentle toiletries

Newborns' skin is very delicate, so always use gentle products designed for babies, and only use a small amount. Undress your baby to their vest and nappy, wrap in a towel and clean their face (as you would if top and tailing). Then, leaning over the bath, wash and gently dry their hair, before removing their vest and nappy and lowering them gently into the bath. Wash your baby all over – tummy, legs, hands and feet – using a sponge or flannel.

5

## Play with colourful toys

As your baby gets older, toys are a great addition to bathtime. From plastic cups they can fill and empty to colourful characters that squirt and swim, toys can help your growing baby's development, as well make bathtime more fun. A net bag that sticks to the tiles is useful for drying toys and keeps everything tidy too.

6

## Wrap in a soft towel

Have a soft, warm towel laid out next to the bath, ready to wrap your baby in. Hooded towels and cuddle robes are cosy and cute, while an apron towel that you hook around your neck before lifting your baby out of the bath can make things easier.

## Checklist

- ☐ Baby bath or bath support
- ☐ Top and tail bowl
- ☐ Bath thermometer
- ☐ Toiletries
- ☐ Cotton wool
- ☐ Sponge or flannel
- ☐ Changing mat
- ☐ Cuddle robe or towels
- ☐ Nappies
- ☐ Nappy pail or sacks

## Safety first

- Always check the temperature of the water before you put your baby in the bath – it should be body temperature, around 36-38°C. Start by filling it with cold water, then top up with warm, aiming for 2-3 inches in depth. Test the temperature against the inside of your wrist (it should feel just warm) or, better still, invest in a bath thermometer.
- Never leave your baby unattended in the bath, even for a minute.

