

6 Reasons For Delaying The Bath



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1. Babies are born with a natural skin protectant (vernix). It is:
 - a. Moisturizing
 - b. Anti infective
 - c. Antioxidant
 - d. Skin cleanser
 - e. Repairs the skin and promotes wound healing
 - f. Has a similar smell to colostrum
2. Enhances early bonding and breast/chestfeeding
3. Assists with temperature stabilization
4. Assists with blood sugar stabilization (through prevention of cold stress)
5. Doing the first bath at home is nice because both parents can be fully engaged in the process
6. There is no medical reason to bathe a low risk/healthy newborn!

References:

1. Gilstrap, L.C. ed, et al. Guidelines for Perinatal care. Fifth Edition. AAP & ACOG 2003.
2. Guidelines for Neonatal Resuscitation AAP & AHA 2005.
3. Lund, C. et al. Evidence Based Clinical Practice Guideline: Neonatal Skin Care 2001.
4. W.H.O. 2012 Guidelines