

# Bathing With Your Baby



Most babies enjoy a soak in the tub with a parent (even if they don't enjoy bathing solo). Bathing with a baby is especially nice for partners or parents looking for a way to connect and snuggle with their babies. Once your baby's umbilical stump has fallen off, it is safe to bathe with the baby as often as you like.

## TO BEGIN

Fill your tub with warm water. The water has to be a temperature suitable for babies - a little cooler than you might choose for yourself. If the bathroom is chilly, you might want to turn on a space heater.

Gather your supplies - lots of towels, a non-breakable cup, a washcloth or two, some soothing music.

Lay the baby on a folded up towel on the floor, then drape another towel over her body to keep them warm. Climb in the tub yourself, then reach over and lift your baby into the bath. If another adult is home with you, you can ask them to hold the baby while you get into the tub, and then hand the baby to you once you are ready.

## ENJOYING YOUR BATH

It is best not to use any products in the bath. Salt or soaps can irritate the baby's skin and oils can make them too slippery for safety. However, if your baby is feeling a little fussy, you could try a few drops of Rescue Remedy or other flower essences (not to be confused with essential oils).

You can put your baby upright on your chest. Use your hand, a cloth or a cup to keep pouring warm bathwater over the baby. Or you can sit baby in your lap and talk or sing to them. Or you can let baby float in the water supported by your hands under their back and head.

Babies and parents will enjoy lots of eye contact, quiet talking, gentle massage and plenty of snuggling. Bath time is a great time to practice following your baby's lead in social interaction, looking for engagement and disengagement cues.

When your baby starts to tire, you can get out of the tub. Signs that they might be ready to end the bath include eye rubbing, hiccupping, sneezing, loss of interest in eye contact or a worried facial expression.

## GETTING OUT OF THE BATH

While you are still in the tub, lift your baby out of the water, and lay them on a folded-up towel on the floor, then drape a second towel over them. Get out of the tub yourself, then pick up the baby when you are ready. Alternatively, you can hand the baby to another adult. Young babies get cold easily when they are wet, so dry them gently as soon as you can and get them dressed.

Enjoy!