



Homebirth Services in Central Vermont

Bathing Your Baby

Prepare a portable supply basket containing:

- 2 soft washcloths
- Diapers and baby wipes
- Mild bar or liquid baby soap
- Baby shampoo
- Cotton swabs
- Cotton balls
- Soft baby hairbrush
- Two newborn bath towels, warmed in the dryer*

This basket can be used for bathing, diapering and other care needs

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Fill a cleaned sink or basin with warm water. Have your basket of supplies and clean clothes nearby

Place your baby on a nearby surface on an open bath towel. Undress your baby, leaving diaper on, and then wrap in the towel.

Wash your baby's face and ears, using clear warm water. Use a single cotton ball dipped in clear water to wipe each eye from inner to outer corner.

To wash hair and scalp, lift your wrapped newborn into a football hold, hand at neck supporting the head. Securely hold your baby over the basin/sink and cup your opposite hand to pour water on the scalp; add a small amount of baby shampoo and use a gentle circular motion over, getting behind the ears. Use a cupped hand again to rinse and a second towel to dry.

Place your infant back on the table. Squeeze a small amount of soap into the water. Continue to wash your infant, exposing, washing and then drying with the second towel, each individual part of your baby, working from top to bottom. As you wash each area, keep the rest of your baby covered to provide warmth and security.

Remove the diaper and clean the area, including groin creases, well with baby wipes or a separate washcloth.

Now turn your baby over. Washing your baby's back will offer some tummy time.

Dry, diaper, dress and cuddle.

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UMBILICAL CORD CARE

The umbilical cord stump falls off sometime in the first week. Keep the cord area dry. Any drainage may be cleaned with a cotton swab.

Fold the diaper down to position it below the cord area.

Call your midwife if the area around the cord, including the skin, is red or swollen or there is a foul-smelling discharge.