



kids therapy made simple

# Bath Time



## Bathing your Infant

Bathing your child can be a very stressful thing, particularly for those engaging in the activity for the very first time. While it may be a bit frightening at first - babies can be very wiggly and slippery little things - bath time is an excellent opportunity to begin to develop routines, engage in social-emotional interactions and participate in multi-sensory experiences.

For the first week or so, until your baby's umbilical cord dries up and falls off, it's best to give your newborn a sponge bath with warm water and a soft, damp washcloth. Once the umbilical cord has fallen off, you can start giving your baby a bath.

## Basic Bathing Tips



Gather your Supplies	Having everything that you will need already set up and ready to go will be extremely helpful. Items to have ready include baby soap/shampoo, a couple of washcloths, a couple of towels and whatever you are using as your tub.
Keep it Warm	Babies lose body heat very quickly, so make sure the room you are bathing your child in is warm. As for the water, fill the bottom of the tub with comfortably warm water, just enough so that it covers the bottom of your baby's body.
Gently wipe everything down	Using a soft washcloth dipped in warm water, start with the face and gently clean your baby. Pay close attention to creases in the arms, around/under the neck and the genitals. You can choose to use a mild soap or simply water to complete the early baths.
The Baby Burrito	When you've completed the bath gently wrap your baby in a hooded towel. The routine you establish should continue here. Maybe sing a song as you head back to diaper your baby. If you choose to give your baby a massage, this would be a great time to incorporate it, using coconut oil.



## Learning Opportunity

Bath time can actually provide a great opportunity to establish routines and begin to introduce your baby to their body. Try incorporating a song while drying and massaging your baby after the bath, and if you engage in it EVERY time you bathe your child, eventually your baby will begin to anticipate the activity and even participate in it. Try this song or make up one of your own:

- ♪ We start with the right leg, the right leg, the right leg.  
We start with the right leg and the right foot.
- ♪ Next comes the left leg, the left leg, the left leg.  
Next comes the left leg and the left foot.
- ♪ Then comes the tummy, the tummy, the tummy.  
Then comes the tummy, the tummy is next.
- ♪ We move to the right arm, the right arm, the right arm.  
We move to the right arm, and the right hand.
- ♪ Then comes the left arm, the left arm, the left arm.  
Then comes the left arm and the left hand.
- ♪ Next comes the cheeks and the nose and the chin and the forehead and the ears, and now it's time to flip.
- ♪ Now comes the back and the shoulders and the neck, and the back and the shoulders and the neck and the back.
- ♪ Then comes the tushie, the tushie, the tushie.  
Then comes the tushie, the tushie, the tush.