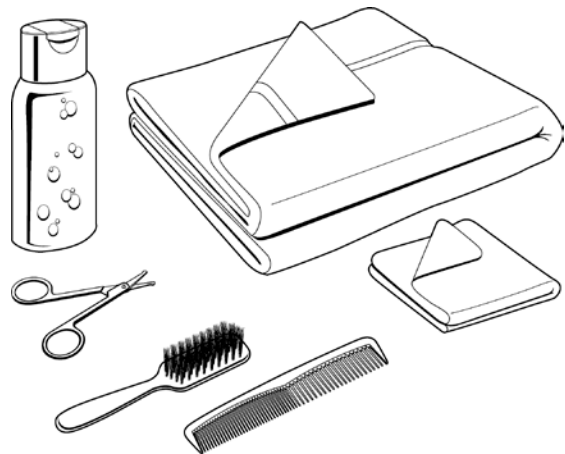# How to Bathe Your Newborn Baby

You will not need to bathe your baby every day. A bath of the whole body can be given 3 to 4 times a week. On the other days, wash the hands, feet and diaper area with soap and water. Wash the face with water only. Special care is needed until the umbilical cord area and circumcised penis have healed:

- Do not give your baby a tub bath until the umbilical cord falls off and the area is healed. The cord falls off in 10 to 14 days. Until this happens, give your baby a sponge bath.

- If your baby boy has been circumcised, **do not** give him a tub bath until the circumcision heals. Gently clean the penis with warm water each day.

Supplies

- A soft wash cloth
- A bottle of baby wash
- Towels
- A container filled with water if you are not near a sink
- A diaper
- Clothes
- A blanket
- A comb or hair brush
- Manicure scissors or clippers

Safety Tips

- The temperature of the water should be 100 degrees F or 37 degrees C to prevent chilling or burning. If you do not have a bath thermometer, use your wrist to test the water. It should feel warm, **not** hot.
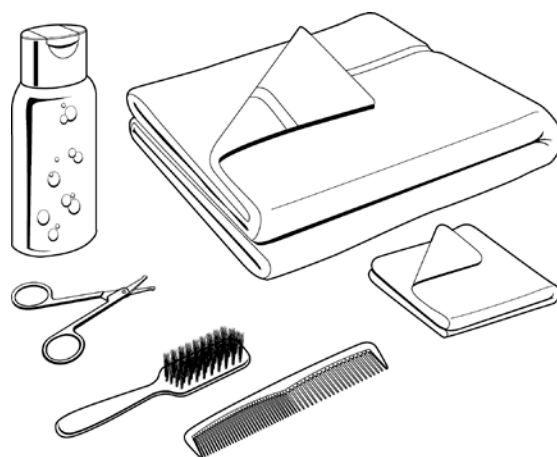
怎样给新生儿洗澡

宝宝无需每天都洗澡。每周给宝宝全身洗澡 3 至 4 次即可。在不给宝宝全身洗澡的日子，用香皂和水清洗宝宝的手、脚和尿片包裹部位。洗脸时只用清水，不要用香皂。在脐带切断部位和包皮环切创口痊愈之前，须特别小心。

- 脐带脱落，并且切断部位痊愈之前，不要给宝宝洗盆浴。脐带在出生后 10 至 14 天内脱落。在此之前，给宝宝擦澡。

- 如男婴出生后作了包皮环切，创口痊愈之前，**不要**给宝宝洗盆浴。每天用温水轻轻擦洗宝宝的阴茎。

洗澡用具

- 一块软洗澡布
- 一瓶婴儿沐浴液
- 浴巾
- 如果洗澡处不靠近水池，则准备一个装水的容器
- 尿片
- 衣服
- 毯子
- 发梳或发刷
- 小剪刀或指甲剪

安全事项

- 水温应控制在华氏 100 度或摄氏 37 度，防止冻着或烫着宝宝。如果没有浴用温度计，用手腕测试水温。以温为宜，**不能**过热。

How to Bathe Your Newborn Baby. Simplified Chinese.

- The room should be free of drafts, such as open windows or fans.

- **Never leave your baby alone**, even for a second. If the telephone rings or someone knocks on the door ignore it and finish the bath. Accidents can occur quickly.

- Always support the baby's head during the bath. Keep a firm hold on your baby. A soapy baby can be very slippery.

How to Bathe Your Baby

You can use a sink basin or infant tub. It is best to bathe your baby before a feeding.

- Arrange all of your supplies within easy reach.

- Wash your hands.

- Fill the basin or infant tub with warm water.

- Test the water for the correct temperature.

- Undress your baby and place him or her in the basin of water or on the folded towel if a sponge bath is being given.

- Use only water and a clean washcloth to clean the area around the eyes. Begin with the inside of the eye and wash toward the ear. Use a clean part of the washcloth and wash the other eye.

- Wash your baby's face with water only.

- Use your little finger tucked inside a wet washcloth to clean the ears. Never use Q-tips inside your baby's ear.

- To wash your baby's hair, tilt the head back while supporting the head and neck. Wet your baby's head with water. Add some baby wash to a damp washcloth and work up a lather. Apply the lather to your baby's head. Gently rub the lather over the head from front to back to keep suds out of the eyes. Rinse the head with clean water and pat dry with a towel.

- 洗澡的房间内不应有穿堂气流，例如打开窗户或电风扇。

- **洗澡时切勿离开宝宝**，一刻也不行。如果电话铃响或有人敲门，不要理会，先给宝宝洗完澡。随时可能发生意外。

- 洗澡时，用手托住宝宝的头。要托稳宝宝的身体。宝宝身上抹了香皂后，可能会非常滑。

怎样给宝宝洗澡

可以使用洗手盆或宝宝澡盆给宝宝洗澡。最好是在喂食前给宝宝洗澡。

- 洗澡用具放在可随手取用的地方。

- 大人要洗净双手。

- 在洗手盆或澡盆内放入温水。

- 测试水温是否合适。

- 脱去宝宝的衣服，把宝宝放在水盆内，如果是擦澡，则放在折起的浴巾上。

- 眼睛周围只能用干净的洗澡布沾水擦洗。先擦眼内侧，逐渐向耳朵方向擦。用洗澡布的干净部分擦洗另一只眼睛的周围。

- 宝宝的脸只能用水洗。

- 用小指顶着湿洗澡布，清洗宝宝的外耳道。切勿用棉花棒给宝宝掏耳朵。

- 给宝宝洗头时，用手托住宝宝的头和颈部，将宝宝的头后仰。用水打湿宝宝的头发。用湿洗澡布沾一些婴儿沐浴液，搓起泡沫。将泡沫涂在宝宝的头发上。自前向后，轻轻搓揉宝宝的头发，防止泡沫进入宝宝的眼睛。用清水洗净宝宝的头发，用浴巾拍干头发。

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- To wash the baby's body, work up a lather with the washcloth. Start with your baby's neck and wash the back, stomach, arms, and fingers. Rinse the washcloth, then rinse the area just washed with water. Repeat the rinsing and lathering of the washcloth and clean the legs and feet.

- Clean your baby's diaper area last. Clean this area beginning with the front, and then move towards the buttocks.

  - For girls, clean the genitalia from front to back. This avoids getting stool into the opening leading to the bladder, which may cause an infection.

  - For boys, gently wash the penis with baby wash and water.

- Rinse and dry your baby with a clean soft towel.

After the Bath

- Dry your baby well.

- Dress your baby.

- Comb or brush your baby's hair.

- Clean your baby's fingernails and toenails with a washcloth. Use baby clippers to clip the nails. Trim nails at least once a week. Keep your baby's nails short, so the skin will not get scratched.

Talk to your baby's doctor or nurse if you have any questions or concerns.

2007 – 1/2012 Health Information Translations

- 给宝宝洗身子时，先用沐浴液在洗澡布上打起泡沫。从宝宝的颈部开始洗，然后依次洗背部、腹部、手臂和手指。用清水洗净洗澡布，擦拭刚刚洗过的部位。洗澡布打起泡沫擦拭，然后清水洗净洗澡布，擦拭刚刚洗过的部位，如此反复，清洗宝宝的腿和脚。

- 最后洗宝宝身体上裹尿片的部位。从身体的正面开始清洗，然后洗宝宝的屁股。

  ▸ 如果是女婴，从前往后清洗外阴部。这可以避免粪便进入通向膀胱的开口，从而引发感染。

  ▸ 对于男婴，用洗澡液和水轻轻擦洗宝宝的阴茎。

- 用清水洗净宝宝身体，然后用干净的软浴巾擦干宝宝身体。

洗澡后

- 擦干宝宝身体。

- 给宝宝穿好衣服。

- 梳理宝宝的头发。

- 用洗澡布清洗宝宝的手指甲和脚趾甲。用婴儿指甲剪给宝宝剪指甲。每周应至少修理一次指甲。不要给婴儿留长指甲，以免抓破皮肤。

如有任何疑问或关注，请咨询宝宝的医生或护士。

How to Bathe Your Newborn Baby. Simplified Chinese.