

Cuddlers®

Caring for Baby, Caring for You



Support baby in bath

Gently lower baby into the water, and let baby get used to it by splashing body gently with water. Support baby's head and neck with one hand, and use your other hand to wash baby's body. Rinse off soap.



Put a fresh Cuddlers nappy on

As soon as possible to avoid any mess.



Gently clean baby's face

Using damp cotton balls, wipe baby's eyes in an outward motion, starting from the inside corner. Use one new cotton ball per eye. Gently use a washcloth or your hands to wipe your baby's face. Don't scrub or use too much soap.



Lift baby out of the bath

Wrap baby in a towel and gently pat dry. Clean the umbilical cord area with a cotton bud and surgical spirits to prevent infection. Note: This will be the perfect time to massage your baby.

The thought of bathing a wriggling newborn is something that scares new moms (and dads) the most - "What happens if I drop him?", "What if I make the water too hot for her." However, with a bit of practice bath time will soon become a favourite time of day for you and your little one.

Bathing your baby

Get everything ready before you start

- Baby tub (or sink)
- Cotton balls
- Bath towel
- Washcloth
- Baby soap (and baby shampoo if required).
- Clean Cuddlers nappy

Remember:

Baby MUST NOT be left alone in or around water. Test the water - use the point of your elbow to test that the water is comfortably warm for baby.