How do I prepare?

1. Gather all of your supplies—you’ll want them within reach before you start.

2. Fill the sink or baby tub with a few inches of warm water, swirling to dissolve any hot spots. The ideal temperature is 100°F to just under 104°F—before placing your baby in the water, test the water with the inside of your wrist to ensure it’s not too warm.

Never leave your baby unattended in water, even for a moment.

How do I bathe?

1. **Wipe around eyes:** Dampen the washcloth with warm water, then gently wipe around your baby’s eyes from the inside corner out.

2. **Wash the scalp:** Clean with a bit of cleanser, then rinse the cloth and use it to wipe off the shampoo.

3. **Clean top to bottom:** Continue to work your way down using a small amount of cleanser. Wash the diaper area last, wiping from front to back.

4. **Rinse with water:** Rinse your baby with small cupfuls of water from the tub, not from the faucet, to ensure appropriate temperature.

5. **Dry and dress:** Dry your baby with a soft towel and apply lotion before dressing in a new diaper and clean clothing.

Always support your baby with one hand while you wash with the other.

Rely on JOHNSON’S®—the #1 choice of moms and hospitals

- Advancing baby skin care for 125 years
- Free of phthalates, parabens, soap, and dyes
- A healthy bath time routine enhances multisensory stimulation to aid healthy development