



Johnson's

Baby care basics: Tub Bath

Tub bathing can usually begin as soon as your baby's navel is fully healed. Use the information below to help you transition to a tub bath routine with ease.

What do I need?



Washcloth



Cleanser and lotion



Towel



Clean diaper and clothes



Sink lined with towels or foam insert *OR* a foam-lined baby tub

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.



Watch a video about baby bath time at [TinyURL.com/babybasics2](https://www.tinyurl.com/babybasics2).

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- 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

