

Skin Care and Grooming

Newborn skin can be sensitive. We recommend that you wash and double rinse your baby's clothing and bedding in dye-free detergent. We do not recommend dryer sheets because they can leave microfibers on the clothing. These microfibers may be irritating to your baby's skin.

Bathing

Initially, your baby should receive sponge baths with mild soap and water. When sponge bathing, wrap your baby in a towel and expose the area you are bathing so your baby does not get cold. When the umbilical cord falls off and your baby's (for boys) circumcision has healed, your newborn can receive regular baths.

In a warm area of your home prepare a basin of warm water (baby bath), wash cloth and some mild soap (baby wash or another mild hypo-allergenic soap). Wash your baby's face first with plain water, then wash the rest of his body and his hair. For his hair you can use a mild baby shampoo. You can clean the outer part of his ears with a washcloth, but we do not recommend placing anything in the ear canal. Remember to make sure your hot water heater is set no higher than 120 degrees F.

When bathing, try to make sure that the supplies you need are on hand-including soap, washcloths, towels. If you have forgotten anything, or you need to answer the phone or door while bathing, you must take your baby with you. Please do not leave your baby unattended or alone at any time while in the tub or on a changing surface.

Nail Care

You can use an emery board to keep your baby's finger nails short so he won't scratch himself. You can also keep your infant's hands covered with pouches of a t-shirt or sleeper to keep her from scratching her face.