

How to Wash Your Baby



By Rachel Waddilove

For Beaming Baby

Washing your baby is no easy task! Rachel's clear and simple methods will give you and your baby a gentle, fun and effective bath time!

Rachel provides wonderfully warm and practical guidance for you and your new baby in "The Baby Book, how to enjoy year one".

How to Wash Your Baby

Top and Tailing

- Use warm water to wash your baby's face.
- Make sure to wash well into the folds in his neck and around his ears.
- Dry his face and neck carefully with a soft towel.
- Wipe your baby's hands.
- Wash his bottom with cotton wool and warm water.
- Wipe from front to back.
- Ensure that the folds of skin in the groin are clean.
- Clean gently underneath the testicles in boy babies.
- For girl babies, clean the vulva gently but don't clean inside.
- Dry his bottom carefully.
- Leave his nappy off for a while to air-dry if you want to.
- You can put a tissue or baby wipe over a baby boy's penis so that he doesn't wee on the wall.

Washing Your Baby's Face and Hair

- Make sure you have cotton wool, shampoo and liquid soap ready.
- Undress your baby and take off her nappy.
- Wrap her up securely in a towel with her arms by her sides.
- Hold your baby on your lap.
- Clean your baby's face.
- Use screwed-up cotton wool to clean her nose and ears.
- Tuck your baby under your arm and hold her over the bath.
- Use a little bathwater to wet her hair.
- Put a tiny drop of shampoo on her head and lather carefully.
- Rinse her hair thoroughly over the bath.
- Towel-dry her face and hair.

Washing Your Baby's Body

- Unwrap the towel from around your baby, and lay him on your lap.
- Wash under his arms, chin and all over his body with liquid soap and water on your hands.
- Turn your baby towards you and wash his back in the same way.
- Rinse your hands so they are not slippery.
- Put your arm under your baby's head and hold his arm securely.
- Place your baby in the bathwater.
- Hold your baby securely in the water and rinse him with your free hand.
- Lift him out and wrap him securely in a towel.
- Dry your baby carefully on your lap.
- Turn him on his tummy to dry his back and creases in bottom and legs.
- Massage him with moisturising cream or baby oil (optional).

About the Author

Rachel Waddilove is a mother and a grandmother with over forty years experience as a maternity nurse, child-care expert, parental adviser and author.

Helping parents to look after their babies and young children is her passion and she provides a Consultancy and Maternity Nurse Service offering help and advice with newborns, growing babies and toddlers.

For more about Rachel, please visit [Rachel Waddilove's Page](#)



Rachel's Books

We thoroughly recommend Rachel Waddilove's books. To find out more, click on one of these links:

[The Baby Book, How to Enjoy Year One](#)

[The Toddler Book, How to Enjoy Your Growing Child](#)

More Information

For more information about preparing for the birth of your baby, please visit the [Beaming Baby Center](#), call our Free Helpline or email us, we'll be delighted to hear from you.

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