

WORST-CASE SCENARIO®

HOW TO GIVE YOUR BABY A BATH WITH- OUT A BATHTUB

You will need: soap, shampoo, bath toys, washcloth, cotton balls, hooded towel, and a post-bath diaper.

1 Select a location/container.

Acceptable locations include:

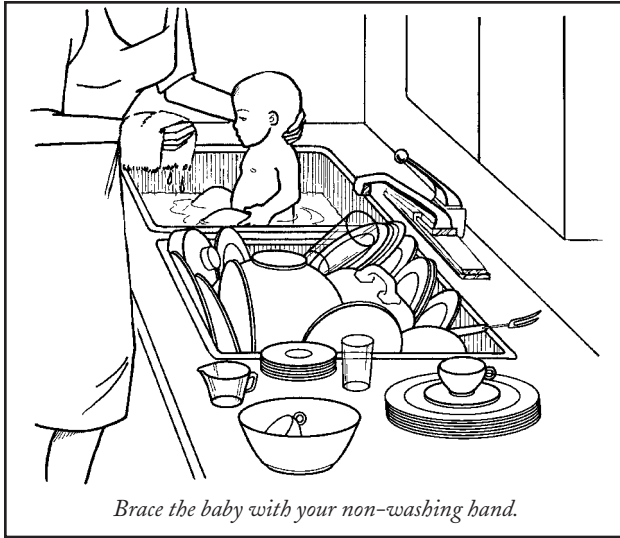
- Sink
- Roasting pan
- Large plastic container or bowl
- Litter box (empty and clean)
- Fish tank
- Ocean
- City fountain
- Koi pond

Do NOT use:

- Drive-through car wash (with open car windows)
- Toilet bowl
- Front-loading washing machines
- Outdoor power sprayer
- Dishwasher
- Hot tub

2 Line the bottom of the container with a towel.

Use towels to prevent the baby from slipping and to add cushioning for comfort.



3 Fill the receptacle with warm water.

Check the temperature with your wrist or elbow before placing the baby in the water. Keep the room where the baby is bathing warm.

4 Undress the baby.

5 Place the baby in the bathing receptacle.

6 Support the child while washing.

Brace younger children with your non-washing hand. Introduce a makeshift bath toy such as plastic measuring spoons or a small ball. Do not offer the child measuring cups or other objects that can be used to bail out the tub.

7 Rinse.

Rinse the baby with a wet washcloth frequently dipped in clean water and squeezed over the baby. Alternatively, you can use water from a pitcher, but make sure it has not cooled past comfort levels. Do not attempt to rinse the baby by pouring water if the basin is full.

8 Remove the baby and dry.

Wrap the baby in a soft towel and pat dry immediately to keep her warm.

Be Aware

- Keep soap out of an infant's eyes while washing her hair by tilting her head back and placing a small washcloth on her forehead. Do not hold the washcloth in place or shield her eyes with your hand since you will need that hand to support the baby while the other hand washes and rinses. When the child is a little older, you can use a terry-cloth headband, bandanna, or tiny golf visor to shield the eyes from soap or shampoo.
- For spot cleaning, use a water gun, saline solution squirted from a bottle, or a spray bottle. A drinking fountain can also be used to rinse a slightly dirty baby when the target area can be positioned under the arc of water and when the water is not too cold.
- Do not wash the baby with wipes. What's good for the bottom can be too harsh for the rest of the body.