

Instructions for Newborn Bathing (graphic instructions)

新生兒沐浴衛教指導(圖片說明)(英文)



1. Items required: one bathtub, bath towel and facecloth, infant cloths and diapers, neutral infant soap or shower gel.



2. Thoroughly clean both hands.



3. Put the diaper into the clothes in advance.



4. Maintain water temperature 37-40.6°C and test with elbow.



5. Posture: Position the infant at the side of waist and support its head, neck and back with one hand, like holding a football.



6. Wash face: Use the corners of the facecloth to perform washing in the order of eyes → ears → face, and wash eyes using the "inside out" manner.



7. Wash head: Place thumb and middle finger at the back of head and press the infant's ear to avoid water from entering the ear, and apply soap or shower gel

on the infant. Gently rub infant body, rinse with clean water then dry with towel.



8. Front side of body: Support the shoulders and the axilla with one hand and gently pat water on the chest with the palm of the other hand to adapt to the water temperature before cleaning the neck, chest, upper limbs, belly, lower limbs and genital area.



9. Back: Support the chest and axilla with one hand so that the infant rests on the wrist.



10. Wash in the order of back → gluteus → lower limbs.



11. Hold the infant out of the bathtub and dry the area behind the ears, joints and skin folds with towel before putting on clothes.



If you understand Instructions for Newborn Bathing (graphic instructions), please sign here

Signature of patient or family

Date