

# BABY BASICS

## Baby Bathing 101: Tips And Gear For The First Year

(NAPSA)—A warm bath can be a relaxing, enjoyable bonding experience for parent and baby. While new parents might worry about getting started, a few helpful bathing hints can make a real splash with baby.

### Getting Your Feet Wet

- Warm up the room and undress baby only a little at a time. Infants can be sensitive to transitions that accompany bathing—like temperature change or being undressed.

- Set a relaxed tone. Use a calm voice and lower the lights. Infants may also be comforted by Mom or Dad's soothing touch and face-to-face contact.

- Pay attention to the water level. The water should never be more than four inches deep no matter where baby is bathed. There's still plenty of water to wash your baby with—and for baby to kick and splash in.

- Always keep your infant and toddler within arm's reach while bathing. The most common cause of infant injury in the tub is leaving the child unattended—even for a few seconds. No phone call or household chore is more important than staying at your baby's side.

- Make necessary adjustments as baby grows. Consider moving from the sink to the family tub if she's reaching up and grabbing the sink faucet, or moving from a baby bathtub to a bathseat because she's sitting up on her own. As baby grows, she develops new skills that bring with them both independence and new risks. Don't let your guard down.

### Tips To Get You In Gear

- Don't borrow or purchase



**All a caregiver needs to ensure their little one is secure in the tub is the right equipment and a little know-how.**

used bathtubs or bathseats. Regulations are always changing and a baby product from a few years ago may no longer meet new standards. Your best bet is to invest in the latest product available that is certified by major organizations such as the Juvenile Products Manufacturers Association (JPMA).

- Read your instructions carefully. Do not ignore the proper age or weight guidelines in bathing products.

Some bathing systems grow with children. For example, The First Years brand has a Tub-To-Seat Bath Complete total bathing system for children. The infant bathtub is first used on the counter or in the sink and as the child grows can be converted to a bathseat for use in the family tub. For more information, visit [www.thefirstyears.com](http://www.thefirstyears.com).

These tips, tools and techniques should arm caregivers with all they need know to ensure bath time is a secure, fun time for their little ones.