

## Infant Grooming Tip Sheet

### DIAPERING

- Gather supplies: diaper, wipes, any ointment, changing pad, and if needed change of clothes.
- Clean baby from front to back.
- Let baby's skin air dry for a few moments after wiping or pat dry with a clean dry cloth.
- The best defense against diaper rash is a dry bottom, achieved through regular diaper checks and changes.
- For baby boys, point the penis down when securing clean diaper. He will be less likely to pee over the top of the diaper. Follow doctor's recommendations for circumcision care.
- Newborn babies: avoid covering the umbilical cord stump until it's dried and fallen off. Newborn size diapers have a cut out for the cord, but you can also fold down the front of a regular diaper.
- The diaper should be snug but not so tight that it pinches.
- No need to use baby powder.
- Wash hands (or use hand sanitizer) before and after diaper changes.
- **Safety note: If changing baby on an elevated surface always keep one hand on your baby. Babies at any age can squirm off the table/bed when you least expect it.**

### BATHING

- Gather all supplies and remove all distractions before starting the bath.
- Supplies: mild baby wash, washcloth(s), towel(s), diapering supplies, change of clothes.
- Sponge baths until umbilical cord stump falls off.
- Babies don't need frequent baths. 3 x week and shampooing hair 1-2 x week.
- Work from top to bottom; starting with the face and ending with the diaper area.
- Remember to lift and separate as best you can any folds in your baby's neck, armpits, and groin.
- Pat dry skin paying special attention to any folds.
- Test water temperature with your elbow or use a bath thermometer.
- If your baby poops or pees in the water, start all over.
- **Safety note: Never leave a baby alone in the bath, even for an instant.**

## **ORAL HEALTH CARE**

- Birth to 12 months: Keep your baby's mouth clean by gently wiping the gums with a clean baby washcloth.
- Once you see the first tooth, gently brush using a soft baby toothbrush.
- Consult with your pediatrician about using toothpaste to brush teeth.
- Never put your child to bed with a bottle or food.

## **NAIL CARE**

- The only care your child's nails require is trimming. You can use a soft emery board, baby nail clippers, or blunt-nosed toenail scissors.
- A good time to trim nails is after a bath if your baby will lie quietly, but you may find it easiest to do when baby is asleep.
- In the early weeks, fingers are so small and nails grow so quickly you may have to trim them 2 x week.
- Your baby's toenails grow much more slowly and are usually very soft. You may only have to trim them only 1-2 x month.
- Avoid biting your child's nails as way to trim them. Doing so can result in infection.

(Source: adapted from [healthychildren.org](http://healthychildren.org))