

Wrapped Bathing

A step-by-step guide

If possible use the swaddle that is already in the baby's cot
Where possible, parent to bath the baby



- Prepare all equipment for bathing.
- Undress the baby slowly and remove the nappy.
- Wrap the baby in the swaddle cloth.



- Submerge the baby feet first to shoulder depth.
- Let the feet brace against the end of the bath.



- Clean face with cotton wool
- Dry face with cotton wool



- Support baby's head.
- Slowly unswaddle one arm at a time, wash rewrap and allow the baby to recover.
- Repeat the process for each leg.



- Wash the baby's head using your hand to scoop up the water.



- Gently unswaddle the baby.
- Leave the wrap in the bath and lift the baby onto a warm towel on the parent's chest.

Quickly draw the infant to one of the parent's chest and wrap in a warm towel
Keep the baby in a flexible and contained position ensuring their head is covered