



# Tips To Follow When Giving Your Baby A Sponge Bath



Keep a basin with warm water ready.

Lay the baby on a flat yet padded surface.



Always keep one hand on the baby to prevent falls.

Keep the baby covered to ensure they are warm.



Uncover only the parts you intend to clean at the moment.

Squeeze out excess water from the sponge after dipping it.



Always begin with sponge-cleaning the face.

Avoid getting the water into the eyes, nose, and mouth.



Focus on the underarms, behind the ears, and neck.

End the sponge-cleaning with the diaper area.



## Reference

1. Bathing Your Baby; American Academy of Pediatrics