



Step 1: Cleanse



Bath-time is an ideal opportunity for rich, multi-sensorial engagement with your baby. What baby feels, smells, hears, and sees is important, stimulating these senses enhances happy and healthy development.

• Preparation for Baby Bath

Preparing for baby bath is the most essential part. Infant tub, a bath towel, a hooded baby towel, baby soap, soft washcloths, plastic cup for rinsing hair, baby wipes, baby lotion or oil, nappy rash cream, and a diaper should be at an arm's length. Keep water temperature at lukewarm, and test it on your inner arm.

• At Baby Bath

After preparing everything, take the baby into the bathroom. Don't put your baby in the water straightaway. First wash baby's face, hands and feet, and then wet washcloth in warm soapy water, and wash other parts of the body. Pay special attention to skin folds, and clean under them thoroughly. Be extra cautious while handling your wet and wiggly infant, and grasp the baby gently but firmly.

If your baby does not enjoy a bath, introduce bathing games and make it a fun and special time to strengthen your mutual bond.



• After Bath Care

After drying your baby completely with a soft towel, massage your baby with baby oil or baby lotion. Use baby powder sparingly in skin folds, and apply diaper cream before putting on the diaper. Dress your baby in clean clothes, according to the weather and temperature of the room. Your little bundle of joy is ready for a hug and kiss.

Step 2: Massage



Massage has many proven benefits. It can contribute to healthy weight gain, promote relaxation before bedtime, and help your baby be more alert and social when awake. Read on for different massage techniques you can try with your baby.

How do I prepare?



Warm your hands and the room



Have a clean diaper and towel nearby



Use a mild baby oil or lotion



Lay your baby on a soft surface

1 Start at the bottom

- Loosen the legs: Hold your baby's heel and use the other hand to gently stroke his leg from top to bottom. Reverse the motion, stroking from his foot up.
- Play with those piggies: Gently rotate each toe while singing "This Little Piggy." Then, with your thumb pressed against the sole of your baby's foot, flex the foot up and down.
- Be ready to roll: Roll your baby's legs between your hands from the knee to the ankle, using the same smooth motion you would to roll strings out of soft clay.

2 Move to the middle

- Do the heart good: With your hands resting flat on your baby's rib cage and pointing slightly inward, trace the shape of a heart—up, out, and around her chest.
- Rub that belly: Place one hand on your baby's belly and stroke downward, following closely with the other hand. Repeat. As a variation, raise your baby's legs.
- Go up and over: Start with your hands next to each other on top of your baby's rib cage, then stroke up her chest, over her shoulders, and all the way down her arms.

3 Top it Off

- Get in some face time: Slide your hands down baby's forehead and gently massage his temples, then place your thumbs along his nose and move your hands across his cheeks.
- Squeeze those cheeks: Make small circles on the sides of your baby's jaw under his ears. Move to the back of his ears and make larger circles, then come up under his chin and press his jaw forward.

