

WASH YOUR HANDS

The Right Way

- 1 WET YOUR HANDS**
Use plenty of warm, running water.

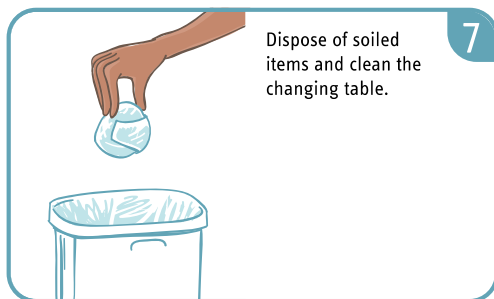
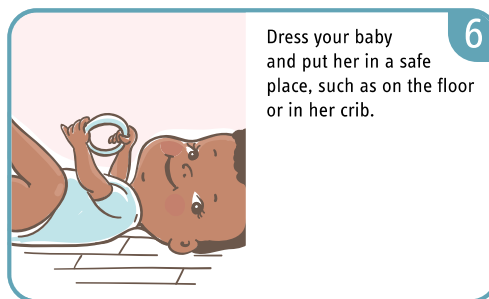
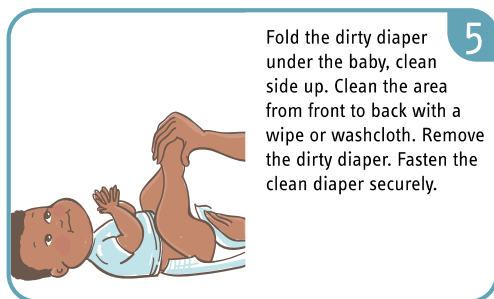
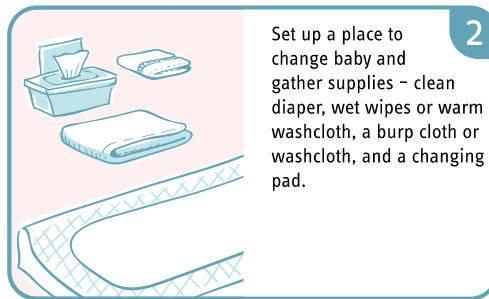
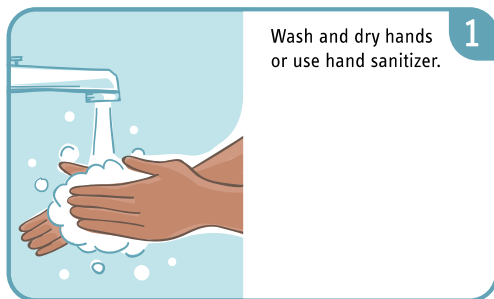
- 2 USE LIQUID SOAP**
Soap washes away germs.

- 3 SCRUB YOUR HANDS ALL OVER**
Count to 20 or sing Happy Birthday twice.

- 4 RINSE WELL**
Make sure all soap is gone.





- 5 DRY YOUR HANDS**
Use a clean cloth or paper towel.


Diaper Changing Steps




- [Changing Your Baby's Diaper Handout](#)
- [Diapering Video](#)

Infant Sponge Bath Steps


 <p>1 Gather supplies - sink or basin with warm water, a large, soft hooded towel, a washcloth, cotton balls and mild cleanser, lotion, diaper ointment, clean diaper, clean clothing, and a soft brush or comb.</p>	 <p>2 Check water temperature with your elbow - warm but not too hot.</p>
 <p>4 Keeping baby's head covered, unwrap each part of the baby's body as you wash it, beginning at the neck and moving down. Rinse and pat dry. Keep the baby's umbilical cord dry.</p>	 <p>3 Wrap baby in a towel. Only expose the parts you are cleaning to keep baby warm. Clean baby's eyes, mouth, nose and whole face using plain water. Gently pat dry.</p>
 <p>6 Wash the diaper area from front to back using clean, warm water. For boys, gently wash the penis and genital area, avoiding pulling back the foreskin if the baby is uncircumcised.</p>	 <p>5 Clean around the base of the baby's umbilical cord with a cotton ball or swab.</p>
 <p>8 Wrap baby in a dry towel and pat dry thoroughly. Apply moisturizer or diaper ointment.</p>	 <p>7 Wash baby's hair last so his head doesn't get too cold. Wet hair with a washcloth, apply a small amount of baby wash and gently massage over the baby's whole head. Rinse baby's hair with a cup filled with clean water. Dry baby's hair gently & cover baby's head with a towel.</p>
 <p>9 Diaper and dress baby, then comb baby's hair.</p>	

- [Giving Your Baby a Sponge Bath Handout](#)
- [Sponge Bathing Video](#)

Infant Tub Bath Steps




1 Gather supplies - a baby tub, a washcloth, a mild cleanser, a towel and a clean diaper.




2 Put an inch or two of warm water into the tub. Check water temperature with your elbow - warm but not too hot.

1-2 inches



3 Undress baby and gently put baby in the water. Support her head and neck with one hand.



4 Gently pour cupfuls of water over your baby's body throughout the bath so baby doesn't get cold.



5 Clean the baby all over using a soft washcloth and gentle baby soap. Use the cup to rinse off the soap.



6 Wash baby's hair last.



7 Gently lift baby out, wrap her in a towel and pat her dry.



8 Diaper and dress baby then comb baby's hair.

- [Giving Your Baby a Tub Bath Handout](#)
- [Tub Bathing Video](#)