

Time	Narration
00:00	Welcome to the Spoken Tutorial on How to bathe a newborn.
00:06	In this tutorial, we will learn about- safety tips for a mother or a caregiver before and during the bath,
00:14	When to give a baby its first bath, Sponge bath,
00:20	Regular bath, Traditional bath,
00:23	Bath to babies in hilly areas or cold regions and Cradle cap.
00:31	All new parents are anxious about how to bathe a newborn.
00:37	Lot of care must be taken while bathing the baby.
00:41	One wrong step can harm the newborn a lot.
00:46	Before we begin, it is important to know the safety tips to be followed before bathing a baby -
00:54	The mother or the family member- should always have clipped fingernails before touching the baby and
01:02	should not wear any rings, bangles or watches.
01:07	This will reduce the chances of injury to the baby.
01:11	So, when to give a baby its first bath?
01:15	Mother can start giving a sponge bath to the baby after 48 hours of delivery.
01:22	Remember that only sponge bath should be given until the umbilical cord falls off.
01:28	Once the cord falls off, the mother or any other family member can start giving regular bath to the baby.
01:37	However, in case a baby has low birth weight then such baby should be given sponge baths until it gains weight up to 2 kilograms.
01:49	Let us see how sponge bath is given.
01:53	Before starting, ensure that the room should be warm enough with closed windows.
02:00	Keep a very soft, clean, small cloth ready before giving a sponge bath.
02:06	The baby should be placed on a safe, flat surface.
02:12	The floor would be the safest one.
02:15	Do not keep the baby on a high platform.
02:19	The temperature of the water for bathing should not be more than 37 degrees celsius.
02:26	Mother should check the temperature of the water using her elbow or wrist.
02:32	During bathing, first use soapy water for cleaning.
02:37	To make soapy water always use any mild, colourless and odourless soap or baby soap.
02:45	Then use clean water to remove the soap.
02:50	Dip the small, soft cloth in water and squeeze out excess water.

02:56	Now wipe the baby's eye from the inner corner to the outer edge.
03:02	Do not use the same cloth for wiping other body parts.
03:06	Always use a fresh and soft cloth to clean other body parts.
03:11	Also, do not forget to clean creases - under arms, behind the ears,
03:18	around the neck, between fingers and toes and in the genital area.
03:24	Now that we have discussed what is sponge-bath, let us learn about regular bath.
03:31	Please remember; regular bath should be given to all healthy babies after the umbilical cord falls off.
03:39	During a regular bath, if you are using a bathtub - first, fill the bathtub up to 2 inches with soapy water.
03:48	To make soapy water, always use any mild colourless and odourless soap or baby soap as explained earlier.
03:58	Keep another tub ready which contains fresh water.
04:03	Then, check the temperature of the water with your elbow in both the tubs.
04:08	After you are satisfied with the temperature of the water, very carefully place the baby in the tub which contains soapy water, ensuring that the head is supported always.
04:22	Do not add extra water when the baby is already in the tub.
04:27	To begin with- First, wash the baby's head using odourless and colourless baby shampoo or soap.
04:35	Then gently wash away the soap with fresh water.
04:39	Next, clean the rest of the body along with the creases and nappy area which is the most contaminated.
04:47	In the end, gently wash the rest of the body with fresh water.
04:53	On the other hand - If the mother or caregiver wants to give bath to the baby in the traditional Indian method then sit on the floor by spreading your legs parallel to each other.
05:06	Then, place the baby on your leg.
05:09	Baby's head should be near the mother or caregiver's feet.
05:14	Baby's feet should be near the mother or caregiver's abdomen.
05:20	Now the baby is in the correct position to be bathed.
05:24	After bathing, dry the baby immediately using soft and clean towels.
05:30	Remember to dry the creases as explained earlier.
05:34	Also avoid using talcum powder or baby powder.
05:40	Baby powders may cause breathing difficulties in newborns.
05:45	Never use surmaa or kajal in the eyes.
05:49	Use of surmaa or kajal may lead to lead poisoning and infection in newborns.
05:56	Interestingly, special care must be taken for the babies living in hilly areas or cold regions.
06:04	For babies in such places, a quick daily sponge bath can be given before the cord falls off.

06:11	However, immediately after drying the baby, mother or caregiver must provide skin to skin contact to the baby.
06:20	This will reduce the risk of low body temperature in babies.
06:25	Please note that shampooing should be done twice a week.
06:30	Do not shampoo every day as it will cause dryness of the scalp.
06:35	It might also happen that a newborn may have crusty patches or scales on the scalp. This is known as Cradle cap .
06:45	There can be some redness around these patches or the scales.
06:50	Note that there is nothing to worry about Cradle cap .
06:54	It will go away on its own and does not need to be treated.
06:59	Baby oil may help soften the scales.
07:03	When applying the oil, rub only small amount into the scales.
07:08	Too much oil may worsen the condition.
07:12	Then, wash the baby's hair with a mild tear-free baby shampoo within an hour or two.
07:20	After that, gently brush out the scales an hour later to avoid more build-up.
07:27	Never pull the scales as it leads to the sore scalp and further infection.
07:33	This brings us to the end of this tutorial. Thanks for joining.