

## BATHING A BABY

Now, I know that some of you run screaming from bath time. Come on, you know who you are. Well, RockHopper, today the boot is on the other foot as we explore the delicate art of bathing a sweet baby. Frankly, this could go either way. Ear plugs may be a useful addition to your equipment list.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

With your parents' permission, and the observation of the baby's parent, bathe a baby.

LEVEL G

B-6

- Safety first. A baby cannot be left alone for a second in water. And you should not even consider bathing a baby without permission and observation from the baby's parents.
- Because you cannot leave the baby, it is essential to have everything that you will need prepared and ready. This will include a tub, washcloths, towels, a cup for pouring water, baby soaps, and shampoo.
- The smart RockHopper also lays out diaper and clean clothes, so there isn't a mad scramble after the bath.
- Dress for the occasion. While I would not necessarily recommend a raincoat and large brimmed hat, I would recommend you wear something that you don't mind getting wet, preferably something with short sleeves.
- Place the tub in a safe, stable place. You can place it within the bathtub in the bathroom to contain the water. Many people prefer to do this in the living room. Whatever you do, bear in mind, there will be some water splashing ... there just will.
- Now I like a hot bath, but I am not a baby. A baby likes a warm bath, cooler than you would typically like it. You can test temperature with your elbow or wrist. You'll only need two or three inches of water.
- Place the baby in the tub. The tub should be shaped to support the baby's back and to keep the head elevated. You'll need to hold the baby carefully cradling the head to get the hair wet, using that cup to pour water on the hair. If you value your hearing, don't pour water in the baby's face.
- Avoid getting soap around the eyes. Even baby shampoo is not safe to get in the eyes. Avoid as best as you possibly can.
- The baby is going to feel super cold when you get them out. So get them dried and clothed as quickly as possible. Those clothes will stick to their damp body, so extra care and patience will be needed for this too.

