

Chapter 41: Caring for Infants and Their Parents

Giving the Baby a Sponge Bath			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. Practise proper hand hygiene.			
2. Collect the following supplies:			
<input type="checkbox"/> Bath basin			
<input type="checkbox"/> Bath thermometer			
<input type="checkbox"/> Bath towel			
<input type="checkbox"/> Two hand towels			
<input type="checkbox"/> Receiving blanket			
<input type="checkbox"/> Washcloth			
<input type="checkbox"/> Clean diaper			
<input type="checkbox"/> Clean baby clothing			
<input type="checkbox"/> Baby soap			
<input type="checkbox"/> Baby shampoo			
<input type="checkbox"/> Baby lotion			
3. Fill the bath basin with warm water. Water temperature should be 37.8°C to 40.6°C (100°F to 105°F). Check the water temperature with the bath thermometer, or use the inside of your wrist. The water should feel warm and comfortable on your wrist.			
Procedure	S	U	Comments
4. Undress the baby. Leave the baby's undershirt and diaper on.			
5. Wash the baby's eyelids (FIGURE 41.22):			
a. Dip a clean, small facecloth into the water.			
b. Squeeze out excess water.			
c. Wash one eyelid from the inner part to the outer part.			
d. Dry gently with a towel.			
e. Repeat this step for the other eye			

with a fresh corner of the facecloth.			
6. Moisten the washcloth. Clean the outside of the ear and then behind the ear, paying attention to all skin folds. Dry with the towel. Repeat this step for the other ear. Be gentle.			
7. Rinse and squeeze the washcloth. Make a mitt with the washcloth (FIGURE 41.23).			
8. Wash the baby's face (FIGURE 41.23). Wipe around the mouth and nose and then the cheeks and forehead. Do not use cotton swabs to clean inside the ears or nostrils. Pat the face dry.			
9. Wipe under the baby's chin and in the neck creases. Dry well.			
10. Pick up the baby. Hold the baby over the bath basin using the football hold. Support the baby's head and neck with one wrist and hand, while using the washcloth in your opposite hand to wash the baby.			
11. Wash the baby's head (FIGURE 41.24):			
a. Squeeze a small amount of water from the washcloth onto the baby's head.			
b. Apply a small amount of baby shampoo onto the baby's head.			
c. Wash the head using circular motions.			
d. Rinse the head by squeezing water from a washcloth over the baby's head. Be sure to rinse thoroughly. Avoid getting soap in the baby's eyes.			
e. Use a small hand towel to dry the head.			
12. Lay the baby on the table.			
13. Remove the undershirt and the diaper.			
14. Wash the front of the body. Use a soapy washcloth. You may also apply soap to your hands and wash the baby with your hands. Do not get the cord wet, as according to the care plan. Rinse thoroughly. Pat the skin dry, being sure to			

wash and dry all creases and skin folds.			
15. Wash and dry the baby's hands, feet, and between the fingers and toes.			
16. Place the baby in the prone position. Wash the back and buttocks using a soapy wash cloth or your hands. Rinse thoroughly. Pat dry.			
17. Give cord care (page 995) and circumcision care (page 996).			
18. Apply baby lotion to the baby's body, as directed by the care plan.			
19. Put a clean diaper and clean clothes on the baby.			
20. Wrap the baby in the receiving blanket. Put the baby in the crib or other safe location.			
Post-Procedure	S	U	Comments
21. Clean and return equipment and supplies to their proper places. Do this step when the baby is settled.			
22. Practise proper hand hygiene.			
Report and Record your actions and observations, according to employer policy.			