



Pediatric daily care: Bathing & massage



Daily pediatric care such as gentle bathing and massage is of great essence apart from feeding the baby, grooming, and giving them the required vaccination and immunization to fight diseases.

Baby Bath

Your baby is new to the outside world, an environment with numerous viruses and other bacteria that can cause infections, diseases, and flu. Their immune system is not as strong as a full-grown adult. Since the external environment is non-sterile, any medium of contact can be harmful for the baby. When you have guests, family members, or friends over, ensure that they sanitize their hands before touching the newborn.

How often should you bathe your newborn?

A newborn is already born with a protective layer on their skin; hence giving a bath every day would most probably dry the skin out, resulting in itchiness and dry skin. Three times a week is what is advised by most doctors and healthcare professionals, at least in the beginning when your baby is not very mobile. Clearing out the diaper and any food on the neck area already helps you make sure that your baby's important parts are cleaned. If you feel the need, you can give your baby a light sponge bath every two-three days.

How to give your baby a sponge bath safely?

A sponge bath is an alternative to keep your baby clean between every proper bathing session.



- 1 Lay the baby down on a changing pad or the towel laid out on the floor or any hard surface.
- 2 Have a helper hold the baby while you sponge.
- 3 Keep a washcloth, a baby shampoo or soap without many chemicals, a clean diaper, and a fresh towel near you.
- 4 Lukewarm water should be used.
- 5 Hold your baby down gently while patting with a wet washcloth dipped in shampoo. Clean their armpits, genitals, neck, and feet thoroughly and dab their eyelids using wet cloth dipped in water.
- 6 Finally, sponge them with plain water.
- 7 Use a fresh towel to dry the baby out.
- 8 Moisturize or give them a massage to relax their muscles.
- 9 To avoid a cold, turn the fan off while bathing your baby and dry them properly.

At what time of the day should you bathe your baby?

Try to pick a time when your baby is most calm to prevent them from becoming cranky during the bath. Avoid bathing them right after a meal since the digestion process might be compromised.

Baby Massage

A massage relaxes your baby, improves their circulation, helps them sleep better and increases your bonding. Certain studies also suggest that soothing massages stimulate and foster healthy growth for premature babies.

Why is baby massage essential?

Gas, cramps, or constipation are common issues that newborns face. There are various remedies for it, like a pediatric massage. The benefits of it are not known to many parents. However, massages are a great way of social bonding between the mother and child. If your baby has muscle tension, a bloaty stomach, or body ache, giving them a soothing massage can considerably improve their circulatory and digestive system, and help them relax entirely. Massages however are not just reserved for such times, massaging your baby every day is recommended for your child's overall health.

How to give your baby a massage safely, and how often?

- Sit in a quiet environment like a bedroom with the windows closed to avoid any external sounds.
- Select an organic, baby-friendly oil like sunflower, wheat germ, olive or chamomile oil.
- Test the oil first by putting it on a small area of their skin.
- Place your baby on their back and gently begin to rub the joints and muscles, between the toes, around the neck, and behind the ears in a rhythmic motion. Your touch should be gentle and not too aggressive.
- You can also position their back on your belly. This is a more affectionate form of massaging and relaxing your baby.
- Notice if they have any discomfort and stop if you notice any.
- If you see signs of your baby enjoying, repeat the process a couple of times till your baby sleeps away to glory!

“Taking care of your baby's hygiene and grooming are some of the most important aspects of parenting.”



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