

## Bathing

**Sponge bathe your baby until the navel and circumcision are healed.** Babies feel secure within a routine, and so, most parents plan the bath at a particular time of day. The evening time is often suggested since infants are often tired after a bath and take a nap. One would rather increase nighttime sleeping then daytime naps. Place soap, towel, alcohol prep pads, diapers, etc. within easy reach. Bathe your baby every day or two with a mild soap, like Johnson's Head to Toe. Shampoo his/her head regularly with Johnson's Baby Shampoo or Head to Toe and gently scrub any scaly, patchy areas of scalp with a soft toothbrush or washcloth. These little patches of scaly material are commonly known as "cradle cap" and are not serious. One can also shampoo the scalp an additional one time weekly with Sebulex Medicated Shampoo Or Nizoral AD Shampoo to help hasten the clearing of cradle cap. This is done by wetting the scalp and applying a small amount of the medicated shampoo. After three or more minutes the scalp should be rinsed thoroughly. Repeat this process weekly until cradle cap is gone. Please do not put any baby oil, lotion, cream, Vaseline, olive oil or any other products on these dry little patches "no matter what your mother says". Oils and lotions clog the pores of the scalp and interfere with the scalp's function of perspiring and cooling your baby off should he/she tend to get too warm. So, to compensate for that, the baby will sweat more down around his/her neck or chest and the first thing you know, you have a baby with a heat rash around the neck. It is better to have a little cradle cap than a heat rash around the neck.