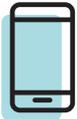


## Do you have questions?

Call our 24-hour Nurse Advice Line.  
We are here to help you.



**English:**  
**(800) 606-9880**

**Español:**  
**(800) 606-9880**

**TTY/TDD:**  
**711**



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Member ID card.

**[passporthealthplan.com](http://passporthealthplan.com)**

# Bathing Your Baby

## Caring for Your New Baby

## How to keep your baby safe

1. Collect your bathing supplies before you start. You will need:
  - A washcloth or sponge
  - Baby soap
  - Baby shampoo (if your baby has hair)
  - A warm towel
  - A new diaper
2. Add 3 inches of water to the sink or baby tub.
3. The water should be warm, not hot.
4. Lower your baby into the water feet first.
5. Always support your baby's head and neck with your hand.

## Where to bathe your baby

You can use a sink or a small plastic baby tub.

## How often to bathe your baby

Give your new baby a sponge bath until the umbilical cord stump falls off. The stump will fall off about 2 weeks after birth if you keep it dry. Then, you can bathe your baby in a small tub.

Bathe your new baby a few times a week. Too many baths can dry out your baby's skin.

Bath time can be fun and a great way to **bond with your baby**.

**Stay** with your baby at all times.

Follow our tips to **keep your baby safe**.

