

Bathing Children

Head Start Performance Standards

§ 1302.47 (b) (6)

Policy

Head Start staff recognize that personal hygiene and cleanliness are important to the well-being of infants and toddlers. Children are provided opportunities for bathing as needed, to be determined by staff and/or parents. Moms at Coffee Creek (CC) can use bath time as a bonding experience for babies 0-6 months old. Bathing equipment is available on site.

If a child spits up or has a leaky diaper on the way to the center and the parent thinks the child needs a bath, they need to let the staff know. Sometimes a child may need a bath during the day. Staff / CC moms will bathe any child who appears to need it. If a parent knows their child is uncomfortable or frightened by water, they can share ideas with staff to help the child get through the process.

Coffee Creek Procedure

1. Gather bathing materials – individual washcloth, towel, and clean clothing. Take materials to the bathing area.
2. Clean and sanitize the bathing tub.
3. Fill the bathing tub with warm, clean water.
4. Undress the child and sit the child in the tub. **ALWAYS** hold onto the child with at least one hand. **NEVER LET GO OF THE CHILD.**
5. Wash, rinse, and dry the child thoroughly, respectfully, and comfortably.
6. Place the child on a clean changing mat to diaper and dress.
7. Put soiled clothing in an individual plastic bag.
8. Release the water and clean and sanitize the bathing tub and mat.

Children can enjoy the bathing experience. Staff/ CC moms will let them participate in their own bathing. Always touch them with respect and let them know what is happening to them. Doing this will allow them to enjoy the bathing process.

HCDC Infant/Toddler Procedure

Bathing an infant or toddler requires two staff. If a child has significant blow out requiring a bath, staff must alert Center Assistant or Supervisor to join them in the room for support.

Staff responsible for the bathing must be able to reach inside the bathtub safely without leaning on the bathtub which can cause serious injury should the tub tip.

Community Action Head Start
Washington County, Oregon

Preparing Bathing Area:

Make sure you have everything you need nearby – for example towel, washcloth, mild baby cleanser and clean clothes. This way you can always keep your eyes and hands on the baby.

1. Place baby bathtub on top of changing table.
2. Fill the bath with just enough warm water to wash the baby. For babies who can sit up, fill the bath to the depth of their belly buttons.
3. Place thermometer in bathtub making sure the water is between 98-99 degrees before placing baby in bathtub.

Bathing Infant/Toddler:

4. Put on gloves
5. Place baby in crib and remove soiled clothing.
6. Using baby wipes, gently remove any waste before heading to the bathtub.
7. Wrap baby in towel and take them over to the bathtub.
8. Gently lower the baby into the bath, always keeping a hand on the baby.
9. Use a soft washcloth and water to gently clean the baby. Then use a clean washcloth and add mild baby cleanser to clean the baby's body
 - a. Without picking baby up use a sweeping motion going behind the head, down the back, under the bottom and out from behind their legs.
 - b. The goal is to cleanse baby enough to keep them comfortable until family can take them home and shower them at home.
10. Place baby towel on your chest
11. Gently lift the baby out of the bath and lay them on your chest wrapping them in a soft dry towel to keep them warm.
12. Take baby over to crib to dress them in clean clothes.

Second Staff Tasks (complete while baby is being bathed and dressed):

1. Remove soiled clothing from crib and place in plastic bag.
2. Place clean clothing and diaper in crib for after bath.
3. Empty water out of bathtub
4. Wipe bathtub down with soapy water mix and paper towel
5. Spray bathtub with disinfectant and allow it to air dry for 10 minutes before storing away.
6. Place all towels and washcloths used for bathing in laundry area