

Your Health Checklist: Bath Safety Tips

Giving your baby a bath can be relaxing—and fun! But keep it safe! Follow this checklist to prevent a water-related accident.

DO: Gather everything you need before you start. Place it in easy reach. **DO:** Test the water temperature before putting your child in. Use your wrist or elbow to make sure the water is warm, but not hot. Otherwise, it could burn your baby's fragile skin. **DO:** Keep one hand on your baby at all times, and wash with the other.

DO NOT: Take too long to bathe your baby. They may get cold. Place a warm washcloth on their body to keep them warm. And wrap them in a towel right away when done. **DO NOT:** Ever leave your baby alone around water...even for an instant. Accidents can happen quickly. Always take your baby with you.

Follow this checklist to make bath time safe and enjoyable for both you and your baby!