

## **Topping and tailing**

If your baby dislikes baths you can just top and tail each day for while:

1: Wrap him or her in a towel to restrain waving arms. There's no need to undress them, unless you want to.

2: Wipe one eye with a piece of cotton wool moistened with cooled boiled water. Wipe from the inside corner of the eye outwards. Then wipe the other eye using a fresh piece of cotton wool.

3: Wipe over their ears (including behind them), with damp cotton wool, using a fresh piece for each ear. Wipe over their face, neck and under their chin with another piece of damp cotton wool or a damp flannel.

4: Pat him or her dry with a small soft towel, making sure that there's no dampness in the creases.

5: Wipe their hands and dry them.

6: Change their nappy, cleaning the nappy area, and put on clean clothes.

It can help to keep special clothes for night-time wear, so that he or she gets in to a bedtime routine from the start.

## **Hair**

There's no need to wash your baby's hair - if they have any - every day.

Wiping over it with a damp flannel will remove any dribble or regurgitated milk or anything else that has got into it.

## **Nails**

Some parents find that the easiest way to cut their baby's nails is simply to nibble them off themselves, or use round-ended scissors while they are asleep. If you try after a bath, they will be softer.

## **Ears and nose**

Your baby's ears and nose are self-cleaning. Just wipe gently round the openings with damp cotton wool.