

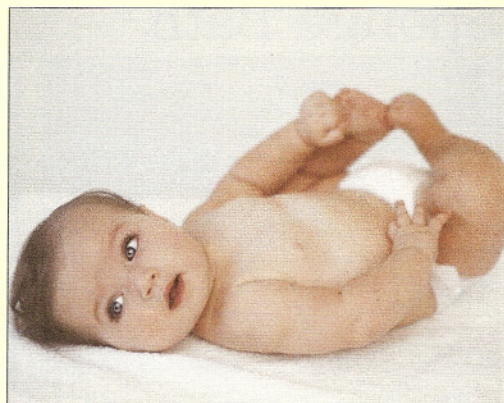
Bonding & Beyond

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Johnson's

Everyday Skin Care for Baby

Make sun protection part of daily skin care:

- Babies under 6 months old should spend very little time in the sun. The safety of sunscreens has not been tested on babies who are younger than 6 months.
- Babies and children 6 months and older should always wear a broad-spectrum sunscreen with UVA and UVB protection and an SPF of at least 15, and protective clothing that includes a hat and sunglasses.
- Use skin care and hair care products specifically made for babies.
- Bathe your baby 2 or 3 times a week with a mild pH-neutral baby cleanser.
- Use a moisturizer if your baby's skin seems dry—during the winter or in dry climates.
- Change diapers frequently. You can help minimize diaper rash by using a protective cream with zinc oxide to create a barrier against wetness.

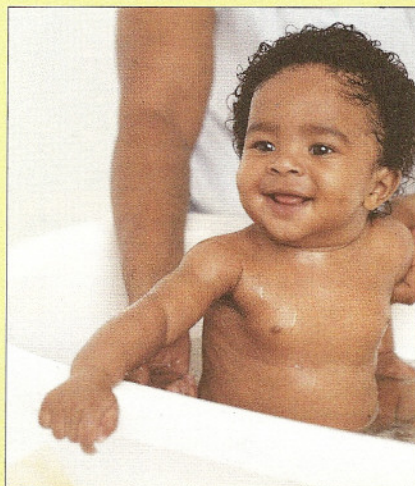


Baby Care Checklists



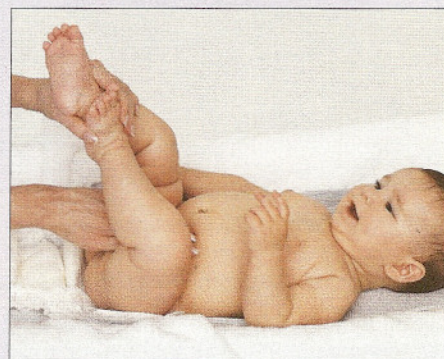
OUTDOORS

- Sunscreen formulated for babies
- Sun hat, sunglasses, and other protective clothing



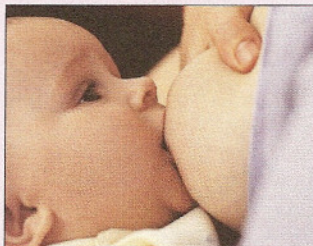
BATHING

- Soft washcloths or disposable washcloths
- Mild all-over baby wash or baby bath cleanser and shampoo
- Cotton balls (for sponge baths)
- Hooded baby towel or large towel that covers your baby's entire body
- Moisturizing products such as lotion or oil specially formulated for babies (for after-bath care)
- Thermometer to measure water temperature



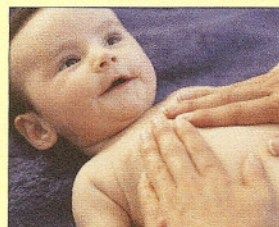
DIAPERING

- Fresh diaper
- Clean clothing
- Diaper rash ointment to heal, soothe, and protect diaper area
- Baby powder or moisturizing products



BREASTFEEDING

- Nursing bras
- Nursing pads
- Pillow(s) for added support
- Breast pump, bottles, and nipples for expressed milk



MASSAGE

- Soft towel or blanket
- Pad
- Baby oil or lotion

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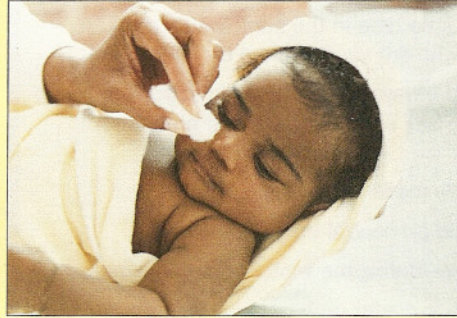
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How to Bathe Your Baby

Sponge Bath



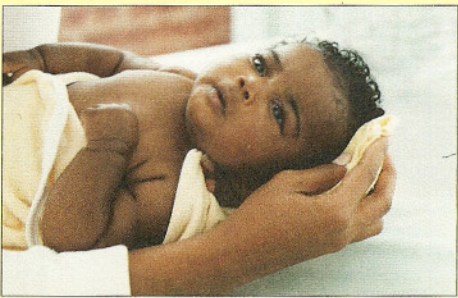
1 Lay your baby on a soft towel, or use a sponge-lined bath bed.



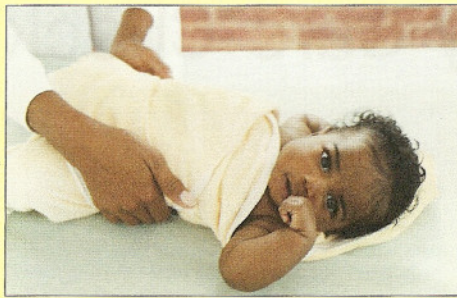
2 Clean around each eye with separate cotton balls dipped in warm water.



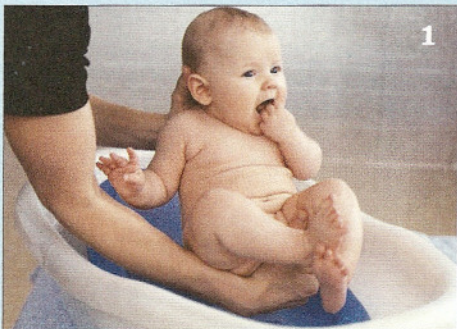
3 Support your baby's head and limbs while using a warm washcloth and a little bit of baby cleanser to wash her. Wash and rinse the genital area from front to back. With a clean washcloth, rinse your baby's body until all the lather is gone; repeat this step if necessary. Clean the umbilical stump with a cotton ball dipped in clean water or a mild cleanser. Keep the stump dry.



4 Clean her head with a little baby shampoo. Rinse the cloth; use it to remove the shampoo. Be careful to avoid her eyes.



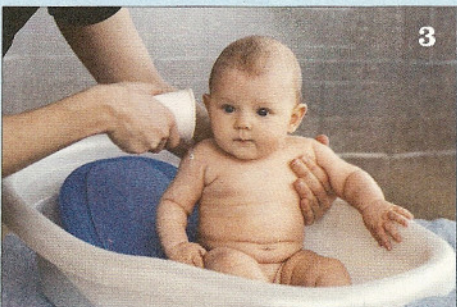
5 When she's clean, dry her thoroughly but don't rub vigorously. Then wrap her from head to toe in a dry towel, preferably hooded.



1



2



3



4

Baby Bath

1 Fill a baby tub or a dish tub with a few inches of water that's warm, not hot—between 90°F and 100°F. With one arm supporting her back or her neck and head, slip your baby into the tub. (Tub baths aren't recommended for circumcised boys until the incision has healed.)

2 Support her with one hand while you wash her with your other hand. Gently bathe her with a little bit of baby cleanser on a washcloth.

3 Rinse with small cupfuls of water. Clean her scalp with a wet washcloth and a tiny amount of baby shampoo. Rinse the cloth and use it to wipe off the shampoo. (She may not be ready to have water poured on her head.)

4 Carefully lift her out and lay her on a towel. Fold it up over her feet and across her middle, patting her dry as you go.