

怎樣給新生寶寶洗澡

How to Bathe Your Newborn Baby

You will not need to bathe your baby every day. A bath of the whole body can be given 3 to 4 times a week. On the other days, wash the hands, feet and diaper area with soap and water. Wash the face with water only. Special care is needed until the umbilical cord area and circumcised penis have healed:

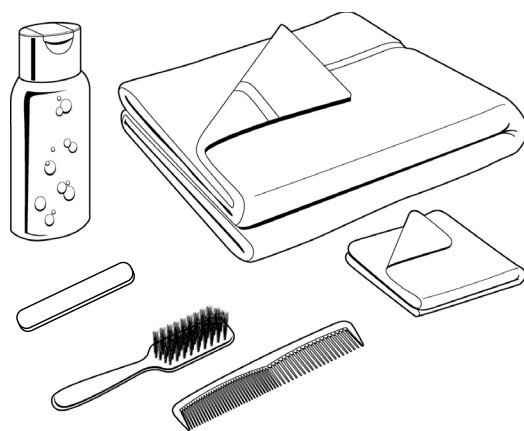
- Do not give your baby a tub bath until the umbilical cord falls off and the area is healed. The cord usually falls off in 10 to 14 days. Until this happens, give your baby a sponge bath.
- If your baby boy has been circumcised, **do not** give him a tub bath until the circumcision heals. Gently clean the penis with warm water each day.

寶寶不需要每天都洗澡。每週給寶寶全身沐浴 3 至 4 次即可。在不給寶寶全身沐浴的日子裡，用香皂和水清洗寶寶的手、腳和尿片包裹部位。洗臉時只用清水，不要用香皂。在臍帶切斷部位和包皮環切創口痊癒之前，須特別小心。

- 臍帶脫落，且切斷部位痊癒之前，不要給寶寶洗盆浴。臍帶一般在出生後 10 至 14 天內脫落。在此之前，給寶寶擦浴。
- 如男嬰出生後作了包皮環切，創口痊癒之前，**不要**給寶寶洗盆浴。每天用溫水輕輕擦洗寶寶的陰莖。

Supplies

- Soft wash cloth
- Bottle of baby wash
- Towels
- Container filled with water, if you are not near a sink
- Diaper
- Clothes
- Blanket
- Comb or hair brush
- Nail file



洗澡用具

- 一塊軟洗澡布
- 一瓶嬰兒沐浴液
- 浴巾
- 如果洗澡處不靠近水池，則準備一個裝水的容器
- 尿片
- 衣服
- 毯子
- 發梳或發刷
- 指甲銼

Safety Tips

- The temperature of the water should be 100 degrees F or 37 degrees C to prevent chilling or burning. If you do not have a bath thermometer, use your wrist to test the water. It should feel warm, not hot.
- The room should be free of drafts, such as open windows or fans.
- **Never leave your baby alone**, even for a second. If the telephone rings or someone knocks on the door ignore it and finish the bath. Accidents can occur quickly.
- Always support the baby's head during the bath. Keep a firm hold on your baby. A soapy baby can be very slippery.

How to Bathe Your Baby

You can use a sink basin or infant tub. It is best to bathe your baby before a feeding.

- Arrange all of your supplies within easy reach.
- Wash your hands.
- Fill the basin or infant tub with warm water.
- Test the water for the correct temperature.
- Undress your baby and place him or her in the basin of water or on the folded towel if a sponge bath is being given.
- Use only water and a clean washcloth to clean the area around the eyes. Begin with the inside of the eye and wash toward the ear. Use a clean part of the washcloth and wash the other eye.
- Wash your baby's face with water only.

安全貼士

- 水溫應控制在華氏 100 度或攝氏 37 度，防止凍著或燙著寶寶。如果您沒有洗浴溫度計，請用手腕測試水溫。以溫為宜，不能過熱。
- 室內不應有風，比如敞開窗戶或打開風扇。
- **在給寶寶洗澡時**，應寸步不離。如果電話響起或有人敲門，洗浴完成之前都別去搭理。事故可能發生於瞬間。
- 洗澡時，用手托住寶寶的頭部。要托穩寶寶的身體。寶寶塗了香皂之後滑不留手。

怎樣給寶寶洗澡

可以使用洗手盆或嬰兒澡盆給寶寶洗澡。最好在餵奶之前給寶寶洗浴。

- 洗澡用具放在可隨手取用的地方。
- 大人要洗淨雙手。
- 在洗手盆或澡盆內放入溫水。
- 探觸水溫是否適宜。
- 脫去寶寶的衣服，把寶寶放在水盆內，如果是擦浴，則放在折疊好的浴巾上。
- 眼睛周圍只能用乾淨的洗澡布蘸水擦洗。先擦眼內側，逐漸向耳朵方向擦。用洗澡布的乾淨部分擦洗另一隻眼睛的周圍。
- 寶寶的臉只能用清水洗。

- Use your little finger tucked inside a wet washcloth to clean the ears. Never use cotton swabs, like Q-tips, inside your baby's ear.
- To wash your baby's hair, tilt the head back while supporting the head and neck. Wet your baby's head with water. Add some baby wash to a damp washcloth and work up a lather. Apply the lather to your baby's head. Gently rub the lather over the head from front to back to keep suds out of the eyes. Rinse the head with clean water and pat dry with a towel.
- To wash the baby's body, work up a lather with the washcloth. Start with your baby's neck and wash the back, stomach, arms, and fingers. Rinse the washcloth, then rinse the area just washed with water. Repeat the rinsing and lathering of the washcloth and clean the legs and feet.



- 用小指頂著濕洗澡布，清洗寶寶的外耳道。切勿用 Q-tips 一類的棉簽掏寶寶的耳朵。
- 給寶寶洗頭時，用手托住寶寶的頭和頸部，將寶寶的頭後仰。用水打濕寶寶的頭髮。用濕洗澡布蘸少許嬰兒洗髮液，搓起泡沫。將泡沫塗在寶寶的頭髮上。自前向後，輕輕搓揉寶寶的頭髮，防止泡沫進入寶寶的眼睛。用清水洗淨寶寶的頭髮，用浴巾拍乾頭髮。
- 給寶寶洗身子時，先用沐浴液在洗澡布上打起泡沫。從寶寶的頸部開始洗，然後依次洗背部、腹部、手臂和手指。用清水洗淨洗澡布，擦拭剛剛洗過的部位。洗澡布打起泡沫擦拭，然後用清水洗淨洗澡布，擦拭剛剛洗過的部位，如此反覆，清洗寶寶的腿和腳。
- 最後洗寶寶身體上裹尿片的部位。從身體的正面開始清洗，然後洗寶寶的屁股。
 - 如果是女寶寶，從前往後清洗外陰部。避免大便進入膀胱開口，從而誘發感染。

- Clean your baby's diaper area last. Clean this area beginning with the front, and then move towards the buttocks.
 - For girls, clean the genitals from front to back. This avoids getting stool into the opening leading to the bladder, which may cause an infection.



- For boys, gently wash the penis with baby wash and water. If your baby is not circumcised, do not pull back the foreskin on the penis to clean it.
- Rinse and dry your baby with a clean soft towel.

After the Bath

- Dry your baby well. Do not use powders or oils on your baby's body.
- Dress your baby.
- Comb or brush your baby's hair.
- Clean your baby's fingernails and toenails with a washcloth. Keep your baby's nails short to prevent scratches. It is best to use a nail file (emery board) instead of trimming or cutting. Do not file on the baby's skin.

Talk to your baby's doctor or nurse if you have any questions or concerns.

- 對於男寶寶，用沐浴液和水輕輕擦洗寶寶的陰莖。如果寶寶沒有割包皮，請勿向後拉開包皮清潔。
- 用清水洗淨寶寶的身體，然後用乾淨的軟浴巾擦乾寶寶的身體。

洗澡後

- 擦乾寶寶的身體。請不要在寶寶身上抹粉或油。
- 給寶寶穿好衣服。
- 梳理寶寶的頭髮。
- 用洗澡布清洗寶寶的手指甲和腳趾甲。寶寶的指甲不能太長，防止抓傷。最好使用指甲銼（金剛砂板），而非進行修剪。不要銼到寶寶的皮膚。

如果您有任何問題或憂慮，請諮詢您寶寶的醫師或護士。