

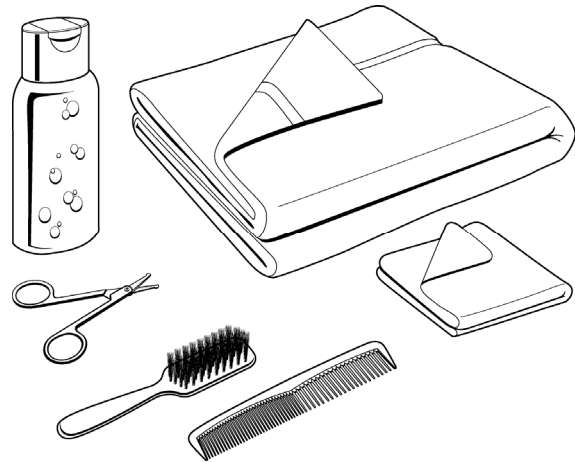
How to Bathe Your Newborn Baby

You will not need to bathe your baby every day. A bath of the whole body can be given 3-4 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 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.

Supplies

- A soft wash cloth
- A bottle of baby wash
- Towels
- A container filled with water if you are not near a sink
- A diaper
- Clothes
- A blanket
- A comb or hair brush
- Manicure scissors or clippers



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.

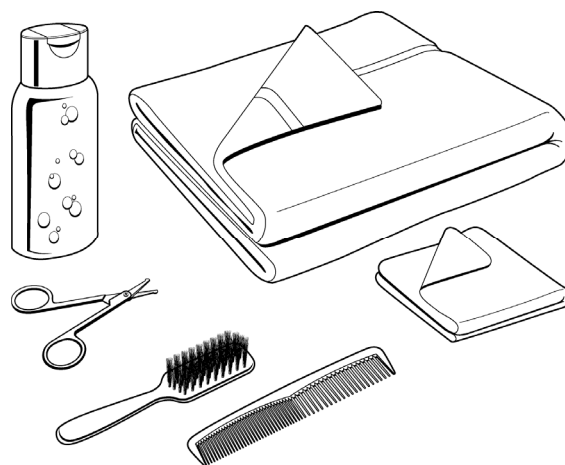
Wawin katutuik Ninnin eo nejom ekel

Koban aikwoj katutuik Ninnin eo nejom ilo aolep Ran. Juon Iien katutu ilo aolepen enbwinen komaron komman 3-4 Alen ilo juon Wiik. Ilo Ran ko jet, katutuik Pein, Nein, im Jikin Kal eo kin Joop im Aeboj. Kawormij mejan iben Aeboj wot. Kwoj aikwoj kajerbal lukuun Kejbarok mai Iien eo ej Mwo Jikin To in Lotak eo im Jikin aer mwijmwij ilo Kukuk eo:

- Jab katutuik Ninnin eo nejom ilo juon Tab mai Iien eo ej utlok To in Lotak eo im aolep Jiken eo ej Mwo. To in Lotak en ej utlok mokta jen an jako 10 lok nan 14 Ran. Mai ej walok Wawin in, katutuik Ninnin eo nejom iben juon Matmat in tutu (**sponge bath**).
- Elane Ninnin Laddik eo nejom ekar mwijmwij Kukuk eo an, **Kwon jab** katutuik ilo Tab mai Iien eo mwijmwij eo ej Mwo. Jidik kake am kadreoik lok Kukuk eo kin Dren mannan aolep Ran.

Kein Jerbal ko

- Juon Tool Jidikdik (**wash cloth**)
- Juon Bato in Joop an Ninnin
- Tool ko
- Juon Nine in Aeboj
- Juon Kal
- Nuknuk ko
- Juon Bulankej
- Juon Kuum ak Buraj in Pad
- Jijaj in mwijmwij Aki in Pein ak kein mwijmwij Aki ko (**clippers**)



Kabiliklik ilo Kejbarok

- Mannan eo an Dren in tutu ej aikwoj 100 Tikrii in Palle F ak 37 Tikrii in Iorap (**Europe**) C bwe ejab Pio ak Bwil. Elane ejelok am Kein Jonuk Mannan in Dren in Tutu eo, kajerbal iloan Mokwij in Peim bwe kwon teje Dren eo. Kwoj aikwoj enjake ke ej mannan, **jab** bwil.
- Ruum eo ej aikwoj bwe en ejelok an Iladikdik, ainwot an ber lok Wunto ko ak juon Deel.

- **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.
- Use your little finger tucked inside a wet washcloth to clean the ears. Never use 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.



- **Jokron ta, jab likot Ninnin eo nejom meke,** jokron juon wot jekon. Elane Telpon ej jan ak elane ewor juon Kalala ilo Kejom eo jab uak im kadredre lok am katutuik Ninnin eo mokta. Jirilok ko rej maron walok moko.
- Ilo aolep Iien kwon jebak Podan Ninnin eo nejom ke kwoj katutuike. En tiljek am jibwe Ninnin eo nejom. Juon Ninnin eo ej jojobob ej amron jijir.

Wawin am katutuik Ninnin eo nejom

Komaron kajerbal Pejin ak Tab jidikdik an Ninnin. Ej emmon tata bwe kwon katutuik Ninnin eo nejom mokta jen an ninnin.

- Likot aolep Kein Jerbal ko bwe ren ebak lok non Peim.
- Amwin Peim.
- Tan lok Pejin ak Tab jidikdik an Ninnin iben Dren manan.
- Teje Dren eo bwe en jimwe jonen an bwil.
- Utuki Nuknuk ko an Ninnin eo im likote iloan Pejin in Dren ak ion juon Tool elane kwoj komman juon Tutu kin Matmat (**sponge bath**).
- Kajerbal Drenin Uton wot im juon Tool jidikdik edreo nan am kwalkol iturin lok Mejen. Jino kwalkol mejen iturin lok Bodin inem ilok nan iturin Lojilnin. Kajerbal bar juon Mottan Tool jidikdik en nan am kwalkol Mej eo juon.
- Kwale Mejen Ninnin eo kin Aeboj wot.
- Kajerbal Adii in Peim iloan juon Tool jidikdik nan am Kwale Lojilnin. Kwon jab kajerbal **“Q-tips”** iloan Lojilnin Ninnin eo nejom.
- Ekijien am kwalkol Kol in Bodan Ninnin eo nejom, lelik lok Bodan Ninnin eo ke kwoj jibwe Bodan im Konwan. Katutui Bodan Ninnin eo nejom iben Aeboj. Koba lok jidik Joop in Ninnin ilo juon Tool jidikdik im umjeje bwe en jojobob. Kajerbal jojobob eo ion Bodan Ninnin eo nejom. En mera am karreo aolepen Bodan jen tu man lok non tu lik bwe Joob eo enjab drelon ilo mejen. Kwalkol Bodan kin aeboj erre eo im kamora lok kin Tool.



- To wash the baby's body, work up 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.
- Clean your baby's diaper area last. Clean this area beginning with the front, and then move towards the buttocks.
 - For girls, clean the genitalia 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.
- Rinse and dry your baby with a clean soft towel.



After the Bath

- Dry your baby well.
- Dress your baby.
- Comb or brush your baby's hair.
- Clean your baby's fingernails and toenails with a washcloth. Use baby clippers to clip the nails. Trim nails at least once a week. Keep your baby's nails short, so the skin will not get scratched.

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

- Wawin am naj kwalkol enbwin Ninnin eo jino iben am kajoobob Tol jidikdik eo. Ejino iben Konwan Ninnin eo nejom, inem kwale Eliken, Lojen, Pein, im Addi ko an. Jolok an joobob iben juon Tol jidikdik eo ej tutu, inem bar elije iben Aeboj. Bar elije am kwale im bar jooni im kwale Nen.
- Karreo jikin Kal eo eliktata. Kwale jikin in jen Tu Man lok nan Tu Lik inem Bid eo an.
 - Ekijien Ledrik, kwale jikin an kabojak jen Tu Man lok nan Tu Lik. Wawin in ej emmon lok kenike ej bin lok bwe Burij en ber ilo Jikin raut eo an, ke ej maron komman Naninmij (**infection**).
 - Ekijien Laddik ro kejbarok am kwale Kukkuk eo kin Joop in Ninnin im Aeboj.
- Joone im kamora lok iben juon Tol erre eo im emmon.



Elikin Iien Tutu eo

- En Tiljik am kamora lok Ninnin eo jejom.
- Komman an Ninnin eo nejom Nuknuk.
- Koom ak buraje Kolin Boran Ninnin eo nejom.
- Karreo Aki in Pein im Nein iben juon Tol jidikdik. Kajerbal Kein jolok Aki in Pein ko (**clippers**) bwe kwon mwijit Aki in Pein. Kakaru lok Aki ko juon Alen ilo juon Wiik ilo drik tatat. Kejbarok bwe en karu Aki in Pein bwe enjap kurere Kilen.

Konono iben Takto eo an Ninnin eo nejom ak juon Nooj elane ewor am Kajitok ak Inepata.

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