

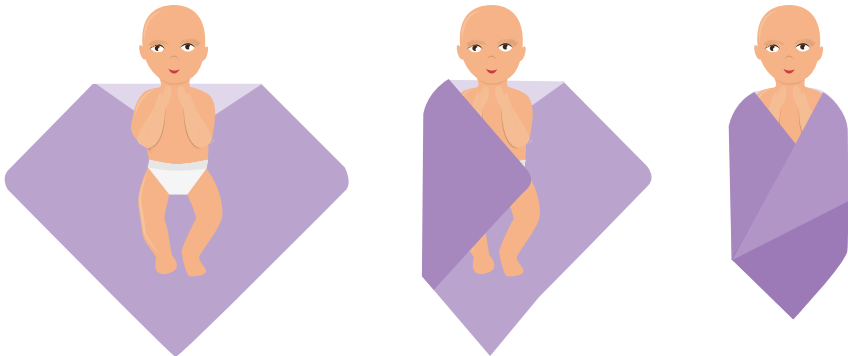
## Swaddled (wrapped) bath for baby:

**Swaddled bathing helps to support baby in the bath in NICU and at home.**

***It assists them to:***

- » stay calm and focused
- » conserve energy to use for feeding and growing
- » makes the experience more enjoyable and relaxing

- 1.** Get everything you need ready for changing and dressing and place on change table. Fill the bath, undress your baby and swaddle.



- 2.** To swaddle, bring one hand at a time to the midline (under the chin) and pull cloth over the shoulder and down to the opposite hip. Tuck in by gently rolling baby.
- 3. On the change table,** use a muslin dipped in the bath water to wash their head, face, under their chin, armpits and groin area – work around the swaddle and keep talking gently to your baby.
- 4.** Once washed, slowly lower your swaddled baby into the bath – tell them what’s happening.

## Swaddled (wrapped) bath for baby:

5. If they are unsettled, position them touching the side or end of the bath so they can feel a boundary and feel safer.
6. Once they are relaxed you can try gently releasing one or both sides of the swaddle if they seem settled. Monitor their reaction and adjust as needed.
7. To bring them out, **slowly unwrap** and leave the swaddle in the water. Move your hand behind the baby's shoulders and hold their opposite upper arm. Your other hand will firmly support their hands in the midline.
8. As you lift them out, slowly roll them over onto their tummy. This will help their arms and head fall forwards, keeping baby settled.
9. Place them on the towel, **lying on their side** and wrap up. This position drops their arms and hands into the middle of their chest which is most soothing and calming for them.
10. Once dry, dress your baby. Use gentle rolling (with hands supported in the middle) rather than lifting to dress them. This helps develop the balance part of their brain.



*Talking and singing to your baby at bath time helps develop their brain*

Watch our swaddled bath video from our website by scanning the QR code or go to [www.cdhb.health.nz/swaddledbathing](http://www.cdhb.health.nz/swaddledbathing)

