

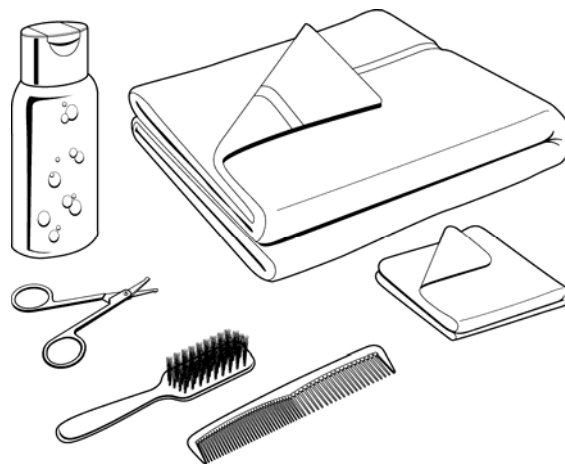
How to Bathe Your Newborn Baby

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.

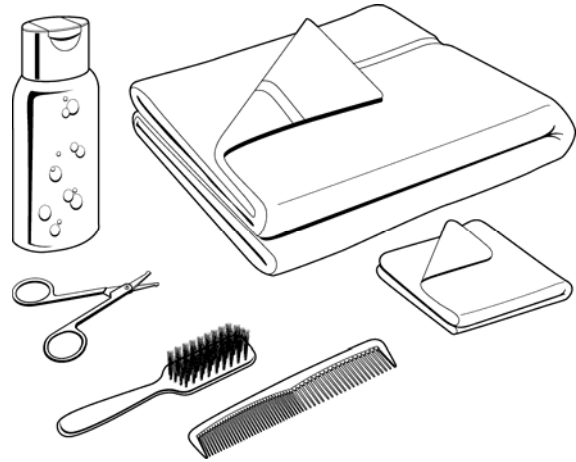
Sidee loo nadiifiyaa ilmahaaga dhashay iminka

Uma baah anaysid inaad maalin kasta nadiifisid ilmahaaga. Waa inaad u wada maydhaa ilmaha 3-4 jeer wiiggii. Maalmaha kale, ugu maydh biyo iyo saabuun gacmaha, lugaha iyo inta xafaayaddu qariso. Wajiga ugu maydh biyo kaliya. Waxaa loo baahayanay feejignaan dheeri ah inta ay xudduntu kusii taal wali, amase buuryada oo looga jaray gudniin aanay wali bogsan:

- Ha u wada maydhin ilmaha ilaa inta guntinta xudduntu ka wada dhacayso oo ay meeshu bogsanayno. Had iyo jeer 10-14 cisho gudhood bay kaga go'daa guntintaasi. Inta ka horreysa ilmahaaga u masax.
- Haddii ilmahaaga la gaday, ha **u wada maydhin** ilaa ay buuryadu u wada bogsanayso. Si deggan ugu nadiifi nabarka adoo adeegsanaya biyo diiran maalin kasta.

Alaabta

- Maro jilicsan oo maydhitaan
- Quraarad shaabmoo carruureed ah
- Tuwaal
- Baaldi laga buuxiyey biyo haddii aanad u dhow eyn sink/sixni
- Xafaayad
- Maryo
- Buste
- Gadhfeedh ama burush timeed
- Ciddiya gur ama maqas



Talooyin nabadgelyo

- Kulaylka biyuhu waa inuu ahaado 100 digrii oo F amase 37 digrii C si aad uga hortagto in ilmihi dhaxamood amase gubto. Haddii aadan haysanin cabbire heer-kul, ku eeg curcurka gacantaada. Waa inay diiranaadaan **oo aanay** kululaan.
- Qolku waa in aanu lahayn hawo isu socota, sida daaqadaha oo isu furan amase marawaxad dabayl abuurta.

- **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.



- **Waligaa hakaga tegin ilmahaagi cidla**, xataa ha ahaato seken. Haddii teleefonku soo dhaco amase qof kugu garaaco albaabka, iska dhegamar ilaa aad dhammayso maydhista ilmaha. Shil baa si dhaqso ah u dhici kara.
- Had iyo jeer taageer madaxa ilmaha markaad u maydhayso. Si taxdir leh oo adag u hay ilmahaaga. Saabuuntu way kaa siibi kartaa ilmaha oo wuu kaa dhici karaa.

Sidee loogu maydhaa ilmaha

Waxaad adeegsan kartaa sixniga caruurta amase weel kale. Waxaa fiican inaad u maydho ilmaha inta aadan wax siinin ama naaska jaqsiin.

- Ku soo diyaarso alaabada aad u baahan tahay oo dhan meel kuu dhow, oo aad gaadhi katid.
- Maydh gacmahaaga.
- Ka buuxi sixniga aad ugu maydhayso ilmaha biyo diiran.
- Tijaabi in biyuhu yihiin heerkulkii saxa ahaa.
- Dharka ka saar ilmaha deedna dhex dhig sixniga amase tuwaalka haddii aad u mas-masaxaysid.
- Adeegso biyo kaliya iyo marada lagu maydho oo markaad nadiifinaysid agagaarka indhaha. Ka bilow indhaha dushooda/gudohooda oo u maydh dhanka dhegta. Adeegso dhinaca nadiifta ah ee marada maydhista si aad ugu maydho isha kale.
- Ugu maydh ilmaha wajiga biyo kaliya.
- Adeegso faryarada iyo marada maydhashada ood qoysay si aad ugu soo nadiifiso dhegaha. Waligaa ha adeegsan qoriga dhukyaga si aad dhegaha ilmahaaga u nadiifiso.
- Si aad u maydho timaha ilmahaaga, madaxa hoos ugu jeedi adigoo taageerya madaxa iyo luqunta. Ku qoo ilmaha madaxiisa biyo. Ku shub xoogaa saabuun ah oo maydh si ay xunbo u yeelato. Xunbada saabuunta wada gaadhsii madaxa ilmaha. Si deggan dib ugu riix xunbada si aanay indhaha ugu soo noqonin. Kaga maydh biyo nadiif ah oo ku qallaji tuwaal.



- 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.

- Si aad u maydho jidhka ilmaha, ugu maydh xunbada saabuunta adigoo adeegsanaya marada maydhashada. Ka bilow luqunta ilmaha oo hoos u maydh dhabarka, caloosha, gacmaha iyo faraha. Ka biyo raaci marada maydhashada iyo meelaha aad maydhay. Ku celi xunbada marada maydhashada iyo biyo raacinta oo u nadiifi lugaha iyo cagaha hoose.
- Ugu danbaysii inaad nadiifiso inta ay xafaayaddu qabato ee ilmahaaga. Qaybtan nadiifi ado ka bilaabaya xagga hore, dabadeena u gudbaaya dabada iyo salalka.
 - Hablaha, nadiifi hoosta adoo ka bilaabaya xagga hore oo deedna u gudbaya xagga danbe. Taasi waxay ka ilaalisaa in saxaro yari ka gasho godka u furan kaadjahaysta, deedna ay keento caabuq.
 - Inamada, si deggan ugu mayd qoodhaha adoo adeegsanaya saabuunta carruurta iyo biyo.
- Biyo-raaci oo ku qallaji tuwaal nadiif ah oo jilicsan.



Maydhista ka dib

- Si fiican u qallaji ilmaha.
- U labis ilmaha.
- U feedh ama timaha u kala bixi.
- U nadiifi ilmahaaga ciddiyihiisa gacmaha iyo lugaha. Adeegso ciddiya gur carruureed si aad uga jarto ciddiyaha. Toddobaadkiiba mar ka gaabi ciddiyaha. Si aan ilmahaagu isu xagan, ciddiyihiisu had iyo jeer ha gaagaabnaadeen.

Kala hadal dhakhtarkaaga carruurta amase kalkaaliso caafimaad haddii aad wax su'aal ah hayso amase shaki ka qabto.

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