

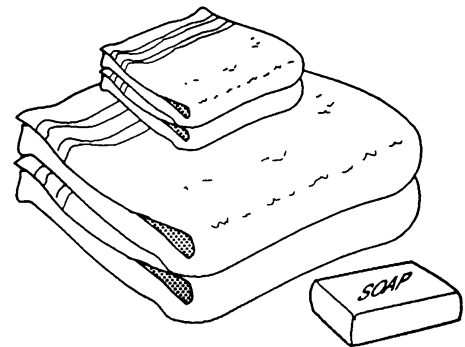
How to Bathe Your Newborn Baby

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



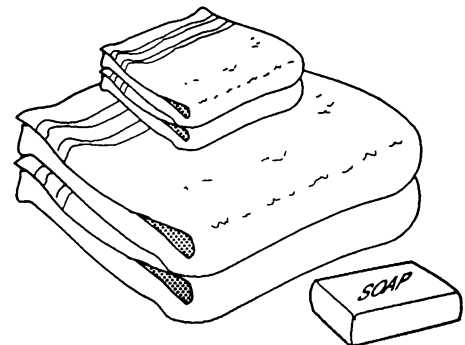
Kako kupati novorođenče

Bebu ne trebate kupati svaki dan. Kompletno kupanje bebe se može obaviti 3 do 4 puta sedmično. Ostatak sedmice, sapunom i vodom operite bebine ruke, stopala i područje gdje je bila pelena. Lice joj perite samo vodom. Posebna njega je potrebna dok ne zaraste pupak i obrezan penis:

- Bebu ne kupajte u kadici sve dok pupčana vrpca ne otpadne, a pupak ne zaraste. Pupčana vrpca otpadne za 10 do 14 dana. Sve dok se ovo ne desi, bebu samo brišite spužvom.
- Ako ste dobili dječaka i ako je obrezan nakon rođenja, **ne** kupajte ga u kadici sve dok obrezani dio ne zaraste. Svaki dan mu nježno obrišite penis toplom vodom.

Pribor i oprema

- Mekan peškirić za brisanje
- Flašica šampona za kupanje beba
- Peškiri
- Posuda napunjena vodom ako se ne nalazite blizu umivaonika
- Pelena
- Odjeća
- Dekica
- Češalj ili četka za kosu
- Makazice za nokte ili grickalica



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.

Savjeti za bezbjedno kupanje

- Da bebi ne bi bilo hladno ili da se ne oprži, temperatura vode mora biti 100 stepeni F ili 37 stepeni C. Ako nemate termometar za vodu, za provjeru temperature vode koristite ručni zglob. Voda treba biti topla, ali **ne** vrela.
- U sobi ne smije biti promaja, kao što je promaja od otvorenih prozora ili ventilatora.
- **Nikada bebu ne ostavljajte samu**, čak ni na sekundu. Ako zazvoni telefon ili neko zakuca na vrata, ne obraćajte pažnju na to nego završite sa kupanjem. Do nesreće može brzo doći.
- Uvijek u toku kupanja poduprite bebinu glavicu. Čvrsto držite bebu. Koža nasapunjane bebe može biti veoma klizava.

Kako kupati bebu

Možete koristiti ili umivaonik, ili kadicu. Najbolje je bebu kupati prije jela.

- Stavite sav pribor i opremu za kupanje tako da su vam nadohvat ruke.
- Operite ruke.
- Umivaonik ili kadicu za novorođenčad napunite toplom vodom.
- Provjerite temperaturu vode.
- Skinite bebu i stavite je u umivaonik sa vodom ili na presavijen peškir ukoliko je kupate spužvom.
- Za čišćenje područja oko očiju koristite samo vodu i čist peškirić. Počnite od unutrašnjosti oka prema ušima. Koristite čist dio peškirića za čišćenje drugog oka.

- 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.



- 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.

- 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.

- Bebino lice čistite samo vodom.
- Uši čistite svojim malim prstom zamotanim u mokr peškirić. Za čišćenje unutrašnjosti bebinog uha nikada ne koristite štapiće.
- Za pranje bebine kose, nagnite bebinu glavu unazad pridržavajući rukom glavicu i vrat. Vodom nakvasite glavicu. Stavite malo šampona za kupanje beba na peškirić i napravite pjenu. Pjenu nanosite na bebinu glavu. Nježno protrljajte pjenu preko glave sprijeda prema nazad kako bi ste spriječili da joj šampon uđe u oči. Isperite glavicu čistom vodom i posušite je nježno tapkajući glavu peškirićem.



- Peškirićem napravite pjenu za pranje bebinog tijela. Počnite od bebinog vrata i operite leđa, stomak, ruke i nokte. Isperite peškirić, a zatim vodom saperite i dijelove koje ste prethodno oprali šamponom. Ponovite ispiranje peškirića i pravljenje pjene, a onda operite noge i stopala.
- Zadnje što trebate oprati je dio tijela gdje je bila pelena. Ovaj dio počnite prati sprijeda unazad, prema guzi.

- Kod djevojčica, genitalije očistite sprijeda prema nazad. Na ovaj način ćete spriječiti da stolica dospije u otvor koji vodi prema mokraćnom mjehuru, što može izazvati infekciju.
- Kod dječaka – nježno očistite penis šamponom za kupanje beba i vodom.



- Bebu saperite i posušite čistim, mekanim peškirom.

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.

Poslije kupanja

- Dobro posušite bebu.
- Obucite bebu.
- Počešljajte bebinu kosu češljem ili četkom.
- Bebine nokte na rukama i nogama očistite peškirićem. Za rezanje noktiju koristite grickalicu za bebe. Nokte režite najmanje jedanputa sedmično. Nokti moraju biti što kraći da se beba ne ogrebe.



Ukoliko imate bilo kakvih pitanja ili osjećate zabrinutost, o tome se posavjetujte sa bebinim ljekarom ili medicinskom sestrom.

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