



higher education  
& training

Department:  
Higher Education and Training  
REPUBLIC OF SOUTH AFRICA



**GAUTENG**

Community Education and Training

**CET COLLEGE**

## Early Childhood Development: ECDV4 LESSON 8

Unit Standard: 244255: Care for babies, toddlers and young children

SO 2: Provide physical care for babies, toddlers and young children

TOPIC: BATHING A BABY



At the end of this lesson students will be able to:

- Gather all things needed to bath a baby.
- Know steps on how to bath a baby.
- Dressing a baby.
- How to clean the bathing environment



## GATHER ALL THINGS NEEDED TO BATH A BABY

- Make sure that things that you are going to need are gathered before starting the process and make sure that you have someone to help you in case you forgot something or your phone rings to avoid leaving the baby unattended.

### BATHING EQUIPMENT:



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## EXAMPLES OF BATHING EQUIPMENT

- Baby bath
- A bucket with a lid for solid or wet nappies
- Containers for other washing
- Clean clothing
- Clean nappies
- Soap
- Cotton wool swabs in a covered container
- Small plastic bag for used swabs
- Shampoo
- Baby powder
- Baby brush
- A bath thermometer
- A sponge
- Towels and facecloth

## STEPS ON HOW TO BATH A BABY

- It is advisable to wash baby's face before putting him/her in the water by using clean pieces of cotton wool dipped in water and squeezed out.
- There is no need to use soap or cleanser on the baby's face.
- Put cold water in the bath first, then hot, so that the bath water is comfortably warm.
- Use a bath thermometer, if you have one or use your elbow, remember the water must be warm at 37 to 38 degrees Celsius.
- Make sure there's enough to allow your baby to settle in the water with his/her shoulders well covered.
- Bring your baby to the bath area, undress him and remove his nappy.
- Make sure that you support baby's head with one arm and the other hand to wash him.
- Wash the baby with water, or use a mild, liquid baby cleanser.
- Use your hand, a sponge to clean your baby from top to bottom and front back.
- Lift the baby out of the bath, and straight on a dry towel. Wrap him/her up warm and pat him/her rather than rub, make sure is dry before putting a nappy on.
- Then wrap your baby in a dry towel to help him/ her warm and apply mild moisturising lotion or baby cream.

## DRESSING A BABY

- Lay the bay down on a firm workplace Stretch the opening on the baby's vest wide open and pull it carefully over his head.
- Be careful not to catch his nose or ears.



- Hold the one sleeve of the vest open with your thumb and forefinger and pull it over the baby's fingers.
- Pull the vest over his body.
- Make use of the baby's natural grasping reflex when pulling the sleeves over his arms.
- Lift the baby up and pull the bottom part of the outfit towards his/her legs.
- Let him/her hold your middle finger while you pull the sleeves over his/her arm.
- Wrap the small baby in the blanket, babies feel more secure if they are wrapped tightly.

#### **CLEANING THE ENVIRONMENT AFTER BATHING A BABY**

- Make sure the bathing equipment are washed with clean water and wiped.
- Make sure the wiped bathing equipment are kept in the safe place.
- Refresh the bathroom by opening the windows.
- Place the face cloth and baby towel on the washing line to dry up
- Clean the whole bathroom with sterilizers to kill germs.

#### **ACTIVITY 1: ANSWER THE FOLLOWING QUESTIONS GIVEN BELOW**

- 1.1 How can you test the water before bathing a baby? Mention TWO ways. (2)
- 1.2 Collect FIVE pictures of items that you will need to bath a baby. (5)
- 1.3 How can you encourage toddlers to bath themselves? (4)
- 1.4 Give SIX steps to bath a baby. (6)

**[17]**



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## MARKING GUIDELINE: ACTIVITY 1

1.1

- Test the water by using your elbow
- By using a thermometer

(2)

1.2

- Nappies
- Towels
- Baby lotion
- Baby bath
- Baby shampoo

**Allocate 5 marks to any given picture**

1.3

- Apply shampoo on his head while busy bathing to make bathing fun.
- Let him/her play with bathing toys while bathing.
- Check if the child is ready to learn bathing.
- Let her bath her doll.

(4)

1.4

- Put water in a baby bath and test with your elbow to make sure is warm.
- Undress the baby and wrap with a blanket.
- Wash baby's face with cotton wool.
- Unwrap the baby and put him/her in the bath.
- Balance his/her head with one arm on the head and the other arm washing his/her body, apply soap.
- Rinse soap and take him/her out of bath by drying with a towel and apply moisturiser and dress the child.

(6)

**[17]**