

# BABY'S BATH-TIME

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Bath time gives the baby the opportunity to kick and exercise, while cleaning and refreshing the skin and hair. It is also an opportunity for the carer to observe any skin problems – rashes, bruises, etc. Bath time is a valuable time for communication between the baby and the carer; A time for relaxation and enjoyment.

A young baby does not have to be bathed every day because only her bottom, face, neck and skin creases get dirty. Twice a week (especially in the winter) is enough bathing, providing you clean your baby's nappy area sufficiently well each time there is a bowel movement. Daily spot-cleaning should be done in areas that get particularly sweaty, oily, or dirty, such as behind the ears, in the neck folds, in the creases of the groin, and in the nappy area.

Whatever routine is followed, the newborn baby needs to be handled gently but firmly, and with confidence. Most babies learn to enjoy the sensation of water and are greatly affected by your attitude. The more relaxed and unhurried you are, the more enjoyable will be the whole experience

It is generally recommended to give baby a sponge bath (or better known topping and tailing) until the cord falls off. When the cord falls off, the baby may then be given a tub bath. The cord stump must be kept **clean and dry**, therefore it is highly recommended that should a tub bath be given before the cord falls off, then it is very important that the cord is dried well (all around) and not left moist as it might easily become infected.

- Bathing-time may vary but do not bathe the baby immediately after a feed as she may be sick.
- Do not wear dangling earrings or sharp brooches and keep your own nails short and clean.
- Assemble all necessary bath accessories.
- Do not top up with hot water while the baby is in the bath; make sure that taps are turned off tightly as even small drops of hot water can cause scalds
- Never leave your child unattended. Children can drown in less than an inch of water - and in less than 60 seconds.

## HEALTHY EATING FOR TWO

Although some lucky women feel radiant throughout their pregnancy, the majority suffer from morning sickness, headaches, aching legs and other ailments. At Good Earth Health Food Shops you can find what to eat to help you have an enjoyable and healthy pregnancy. It's also a haven for those special moments of self-pampering, aromatherapy, and relaxation.

The key nutrients during pregnancy are folic acid, calcium, iron, and Vitamin C. Folic acid is found in all green leafy vegetables, chickpeas, kidney beans, oranges and poultry. Calcium helps build the baby's healthy bone skeleton and helps fortify breast milk. Best sources are all dairy, soya products and spinach. Iron and Vitamin C work together to build baby's red blood cells and Vitamin C helps mothers better absorb iron from plant sources. Iron is found abundantly in red meat, spinach, raisins, kidney, soya, and black eye beans.

If you feel constipated increase your fibre intake. Eat whole grains (brown rice, buckwheat, quinoa, millet, and oats), fresh fruit, vegetables and dried pulses. Eat natural laxatives (prunes, unsulphured apricots, raisins, figs, apples, 100% natural high fibre breakfast cereals such as bran sticks, oat flakes or muesli) where you can get all the goodness without the added nasty bits. Eat magnesium rich foods, like artichokes, almonds, Brazil nuts, raisins and stay away from JUNK FOOD.

Ward off morning sickness by munching on dry rice or oat cakes, drink ginger tea, or snack on

crystallised ginger. Calm heartburn and indigestion by taking small but frequent low fat meals. Include fresh fennel, fennel seeds, fennel tea in your diet. Avoid caffeine, peppermint, foods with a high fatty content, spicy food, and tomato based products; citrus fruits will help alleviate these symptoms.

Pamper yourself by diving into our excellent range of organic, 100% chemical and SLS free natural beauty products from well known names such as Green People, Weleda, Natural Harmony, Organic Blue and Earth Friendly Baby's vast array of products for mothers-to-be, new mums and newborns. Indulge to the extreme with varied forms of treatments, like a pregnancy massage to ease back pain, tiredness and leg swelling or an oriental head massage to ease off headaches and migraines.

### Go on: spoil yourself!

Come visit us:

Good Earth Health Food Shop – Balluta.  
Enquiries 21341853

Good Earth Health Food Shop – B'Kara  
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