

January is National Bath Safety Month

So many of us dream of a warm relaxing bath at the end of a long day and certainly children can benefit from this relaxing experience also. Still, bath time for children can mean more work for mom and dad. January is National Bath Safety Month so in this edition of MLC Minutes we will discuss all that parents should consider when setting up bath time for their little ones.

Baby Proofing the Bathroom

Everyone plans for baby proofing the house with outlet covers, baby gates, and soft corners on table edges but often the bathroom is overlooked. The bathroom can be one of the most dangerous rooms in the house for a child.

- Place a non-slip pad in the tub to help in preventing slips, especially when entering and exiting the tub.
- Cover the faucets to prevent head injuries from bumping the hardware.
- Be sure to put a lock on the toilet seat. Stray toys in the pipes can be a problem but worse, toilets can be a cause of drowning.
- Install locks on lower cabinets. Remove sharp items from reachable drawers.
- If possible, dedicate one bathroom just for the children and the other bathrooms should remain locked from the outside.
- Medication should be stored out of reach and step tools should be removed when not in use.
- Place safety covers on all outlets in the bathroom and wrap all items with electrical cords up and out of reach.

Bubble or Not to Bubble?

Big tubs filled with bubbles and children making hats with hair filled with soapy bubbles is the scene set for the perfect white picket fence family. Unfortunately bubbles in a tub are not recommended. Bubbles can cause skin irritations especially in young children. Although bath bubbles are not a direct link to causing urinary tract infections (UTIs) they can irritate and worsen a condition.



MLC January Family Minutes

A resource from our family to yours



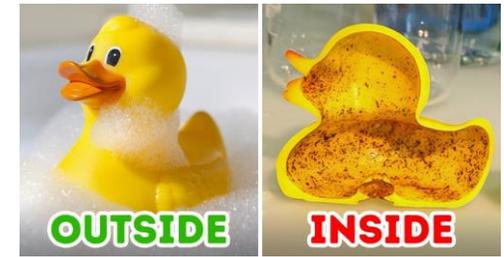
How Often Should My Child Bathe?

An infant does not require a bath daily but rather 2-3 times a week. Still, be sure to wash their hands each time you change their diaper. Toddlers (1-2yrs) begin to have more physical activity. They are more likely to sweat, get dirty, and accumulate bacteria on their bodies. Toddlers still have sensitive skin so limit the bath to 2-3 times a week but wash their hands, face, and feet 2-3 times a day. Children ages 3-5yrs old again get very dirty and can tolerate regular bathing. Especially if they play outdoors daily.

Bath Time Safety

It is easy to make bath time fun; it is important to make bath time safe. Here are ways to prevent slips, falls, burns, and worse of all drowning.

1. Keep your eyes on your child at all times. Never leave a child unattended.
2. Don't fill the tub too high! Keep the water at waist level in a standard tub or 2-4 inches in an infant tub.
3. Test the water temperature prior to placing our child in it.
4. Never leave a tub filled; always drain the tub.
5. Do not allow your child to stand in the tub or to touch the water handles.
6. Limit bath time 15 minutes to prevent skin irritations.



Toys for the Tub

A tub filled with toys can entice any child to jump in but it is important as parents to cycle old toys out with new ones frequently. Toys can retain tub water, especially those that float, and will grow bacteria. Make sure toys can fully dry or discard and replace. This is the same for sponges. Sponges should be avoided - instead use washcloths that can be regularly laundered after each bath instead. Things you can consider is making tub time an opportunity to read a book to your child, review colors and shapes, or use soap crayons to practice pre-writing skills.

Books for Bath Time

Here is a wonderful set of bath time books perfect to read or sing along.

“Take Me Out of the Bathtub” followed by “I’m Still Here in the Bathtub” both written by Alan Katz and illustrated by David Catrow.

These books are set to classic silly song tunes making the story fun for all.

<https://www.amazon.com/Bathtub-Other-Silly-Dilly-Songs/dp/0689829035>

<https://www.amazon.com/Im-Still-Here-Bathtub-Brand/dp/0689845510/>

Additional Resources

<https://babysparks.com/2019/02/26/bath-time-safety/>

<https://www.babycenter.com/health/illness-and-infection/utis-in-babies-and-toddlers-symptoms-and-causes>

<https://momlovesbest.com/babyproofing-bathroom>

<https://wrigglytoes.com.au/blog/parenting-guides/how-often-should-kids-be-bathed#toddlers-1-3-yrs>