

Showering with your baby

As soon as your baby is capable of regulating his or her body temperature you can take a shower together. Most babies can already do this when they are a few days old. That's good news, because the sooner a young child becomes familiar with water, the better!

Skin to skin contact

Showering with your baby is very special. The skin to skin contact strengthens the bond between parent and child. And because your child gets used to water at a young age, things like washing their hair will become much easier. And it means that your child will not be scared of water, which is also handy later.

How to make showering together even nicer:

1. Ask your partner to help you to get your baby in and out of the shower.
2. Make sure the temperature in the bathroom is pleasant and that the shower water is not too hot (it may be slightly cooler than you are used to).
3. Beware of slippery bathroom floors. Always lay a cloth or towel on the floor.
4. Wrap up your baby straight away in a warm towel after the shower, and have warm clothing ready (maybe on the towel rail?)