

## 8 HOW TO TAKE CARE OF THE BABY

when changing his position from time to time while lying in the crib.

In lifting a young baby never grasp him around the chest or abdomen. The best way is to catch hold of his clothing below the feet with the right hand, and lay the palm of the left hand under his back, with the fingers extended under his head and neck. In this way the entire spine and head will be supported.

Never lift a baby under six months old without supporting his head.

**Lifting Older Children.**—Older children should be lifted by grasping the body under the arm-pits, never by the wrists or arms. Serious injury is often inflicted by lifting a child in this way.

### BATHING

**Bathing the First Few Days.**—For the first few days after birth an infant should be carefully soaped and sponged with water at 100°F. while lying on the nurse's lap, and only a small part exposed at a time, in order to prevent the baby's catching cold. Care must be taken not to uncover or wet the navel. When the cord falls off and the navel heals, which usually occurs before the tenth day, the full tub bath should be given daily, and preferably in the morning, about two hours after the first feeding.

**Time for a Bath.**—This time is most convenient as the baby will then receive his next feeding soon after the bath, and will usually go to sleep immediately after. After the fourth month there is no objection to giving the bath just before bedtime, but never less than an hour after a meal; in that case a little sponging in the morning is necessary.

**Directions for Bathing.**—The temperature of the room in which the bath is to be given should be not less