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Swaddle Bathing Clinical Practice Guideline

Swaddle bathing is research-based best practice for neonatal bathing.

- 2018 AWHONN and NANN Neonatal Skin Care Guideline - "Ideally, infants should be bathed with immersion tub bathing or swaddled immersion bathing."²
- 2016 NANN *Advances in Neonatal Care* article recommends that NICUs adopt a protocol for swaddle bathing. Tub or immersion bathing is beneficial for full-term and late pre-term infants.¹
- "Family involvement is key to realize the potential for long-lasting positive effects on their baby's physical, cognitive and psychosocial development."³
- Swaddle bathing is a "typical" activity that involves the family.
- Early experiences matter for optimal brain development.^{4,5}
- Neonatal Abstinence Syndrome (NAS) – Provide supportive measures such as swaddling, decreased stimulation, supine (or others as appropriate) positioning, massage and cuddling.⁶

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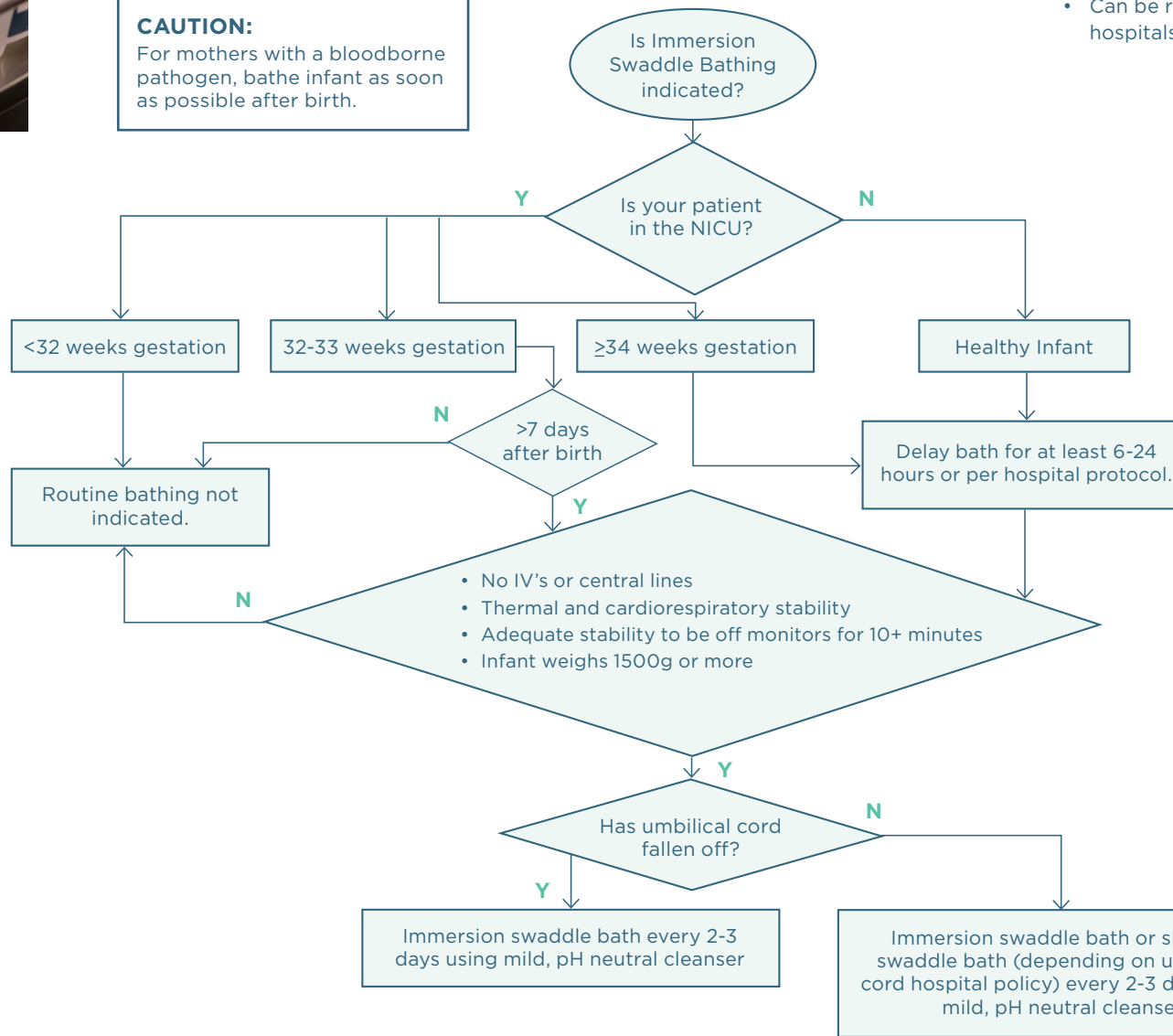


Swaddle Bathing Clinical Practice Guideline*

Swaddle Bathing...

- Supports family centered care ^{3,7,8,20}
- Decreases behavioral stress ^{9,13,14,16,18,19}
- Improves thermoregulation ^{9,11,14,16,17}
- Enhances ability to feed after bath ^{7,8}
- Can be routine bathing practice in hospitals ^{1,2,7,8,9,14}

CAUTION:
For mothers with a bloodborne pathogen, bathe infant as soon as possible after birth.

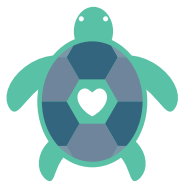


Bathe in a quiet draft-free environment

If vernix is present, leave on skin

Educate family about how to bathe

Keep bath as short as possible (7-10 min.)



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