Let’s wait! Babies at GRH do not have to be bathed at 4 hours of age. Best practice is to delay until at least 8 hours of age or at parent request. *Consider delaying longer than 8 hours for babies with BG monitoring*

Studies show that delaying an infant’s first bath:

- Improves vital signs
- Promotes maternal-infant bonding
- Promotes initiation of breastfeeding
- Improves rate of exclusive breastfeeding
- Decreases incidence of hypothermia
- Decreases incidence of hypoglycemia
- Delays the removal of vernix, prolonging its protective benefits

References: