

References

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Swaddle Bathing Clinical Practice Guideline

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

- 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
- AWHONN – Routine sponge bathing is NOT recommended for ill premature infants. Swaddle bathing, immersion bathing and swaddled sponge bathing are recommended bathing practices.²
- “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 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...

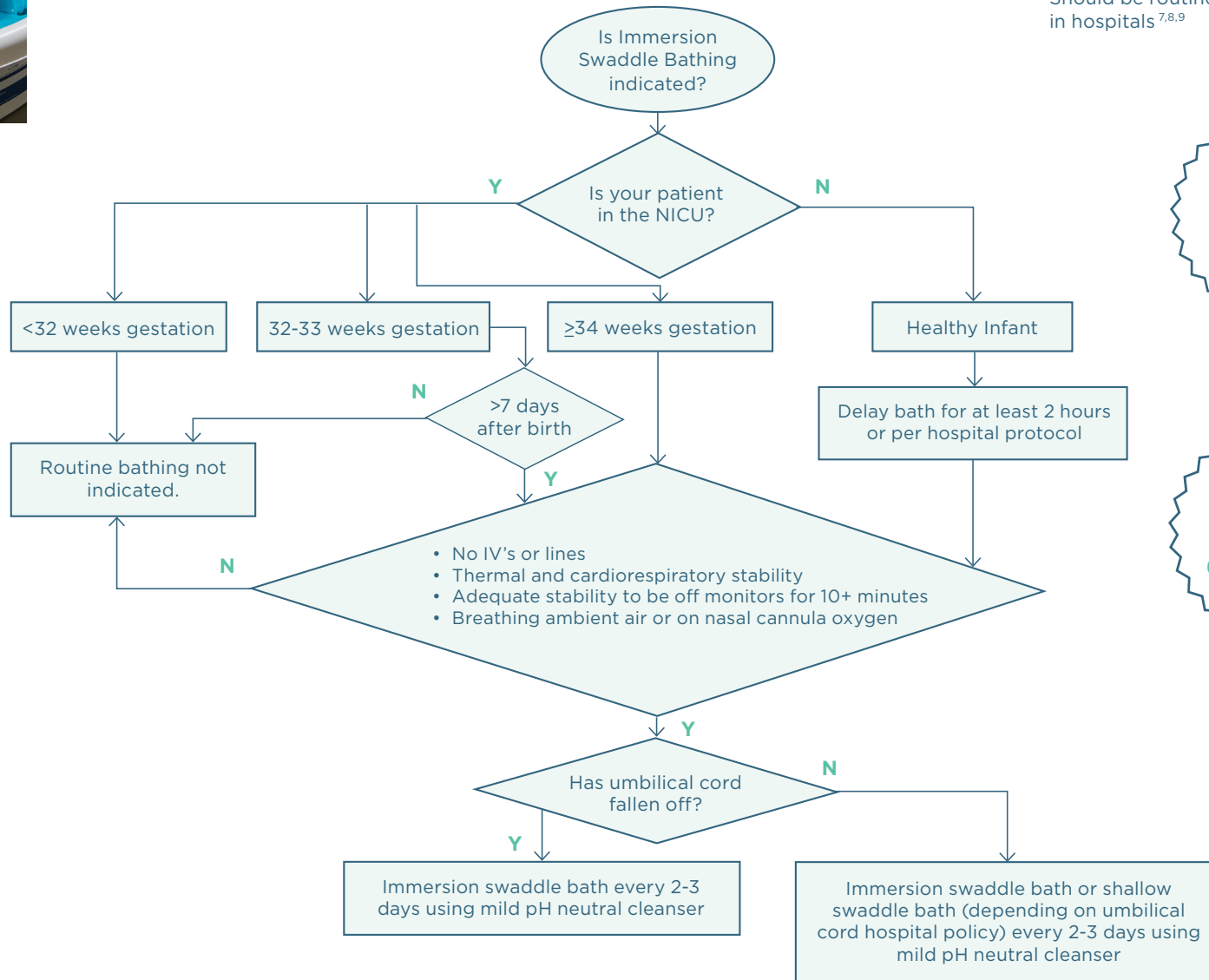
- Supports family centered care ^{3,7,8}
- Is the least stressful form of neonatal bathing ^{3,7,8}
- Conserves energy ^{7,9,10}
- Enhances ability to feed after bath ^{7,8}
- Should be routine bathing practice in hospitals ^{7,8,9}

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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