



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Bae Abertawe  
Swansea Bay University  
Health Board

Cadeirydd/Chair: **Emma Woollett**  
Prif Weithredwr/Chief Executive: **Mark Hackett**

**gofalu am ein gilydd, cydweithio, gwella bob amser**  
**caring for each other, working together, always improving**

Rydym yn croesawu gohebiaeth yn y Gymraeg neu'r Saesneg. Atebir gohebiaeth Gymraeg yn y Gymraeg, ac ni fydd hyn yn arwain at oedi.  
We welcome correspondence in Welsh or English. Welsh language correspondence will be replied to in Welsh, and this will not lead to a delay.

## **Cais Rhyddid Gwybodaeth / Freedom of Information request** **Ein Cyf / Our Ref: 22-I-023**

### **You asked:**

#### **1. What antenatal advice does the health board routinely give to mothers about infant skincare including the bathing of babies?**

Community midwives would not routinely provide antenatal advice on bathing or infant skincare unless specifically asked.

The obstetric Unit don't encourage babies to be bathed daily. They advise that their skin flora needs to adjust to their home environment and so bathing is not encouraged for that reason too. Water and cotton wool recommended for nappy changes and not wipes.

#### **2. What postpartum advice does the health board routinely give to mothers about infant skincare including the bathing of babies?**

Postnatally, the advice provided, is not to bath the baby until at least day 5 and to avoid using perfumed products if not plain water. Women are often advised to "top and tail" the baby, as daily bathing is not necessary.



**Pencadlys BIP Bae Abertawe, Un Porthfa Talbot, Port Talbot, SA12 7BR / Swansea Bay UHB Headquarters, One Talbot Gateway, Port Talbot, SA12 7BR**

Bwrdd Iechyd Prifysgol Bae Abertawe yw enw gweithredu Bwrdd Iechyd Lleol Prifysgol Bae Abertawe  
Swansea Bay University Health Board is the operational name of Swansea Bay University Local Health Board