

Here to Help

Safe Bathing Practices for your Child



Why is safe bathing important?

Infants and young children can drown in as little as 2.5 centimetres (1 inch) of water in just a few seconds.

Devices like infant bath seats give parents and caregivers a false sense of security.

A child's skin burns four times more quickly and deeply than an adult's skin at the same temperature.

If you have any questions about how to keep your child safe during bath time or around water speak to your healthcare provider, CCAS Health Specialist or Worker.

Before Bath Time

- Have you gathered all the necessary bath supplies you will need before you begin bathing your child?
- Have you checked the temperature of the water? You can use your elbow or wrist to check the temperature. If it feels comfortable, the temperature is ok.
- If possible, reduce your hot water temperature to 49 °C (120 °F) to reduce the risk of burns
- Are the taps covered so your baby/child, cannot turn on the water?

During and After Bath Time

- Is your infant/young child always within your reach while in water
- Are you ready for interruptions? Take your child with you if you can not be within reach.
- Are you teaching your child bath safety? Teaching your child to stay seated during bath time to avoid slips and falls
- After bath time, have you drained the tub or dumped out the water?

For more information:

<https://www.canada.ca/en/health-canada/services/infant-care/bath-safety.html>

