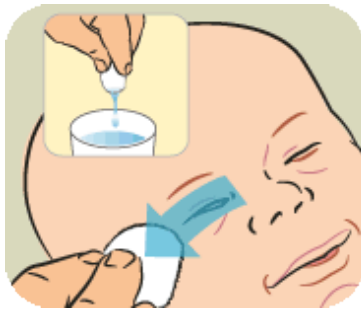# Hygiene and daily care – in pictures

With clean hands, moisten a cotton wool ball with warm water and gently clean your newborn's eyelids, wiping from inner eye to outer eye. Use a different piece of cotton wool for each eye.

Take another cotton wool ball and wipe behind your baby's ears and around the outside of each ear. Be careful not to stick anything inside baby's ear, as it is very easy to cause damage. After washing your baby's hair, dry it by moving the towel back and forward gently across the scalp.
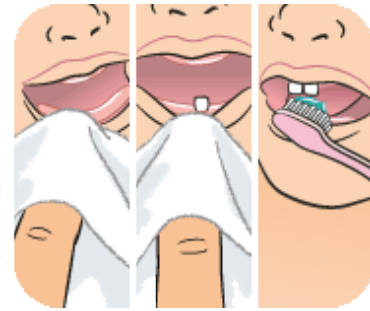
You can clean your baby's gums and tongue using water and a washcloth after morning and evening feeds.

When the first tooth appears, you can wipe it front and back it using water and a clean washcloth. When your child is 12 months you can use a soft, infant toothbrush and brush with water at least twice a day.

Use special baby nail scissors or an emery board. Work with someone else if it helps – one holding the newborn as the other trims the nails. You can try trimming your baby's nails when he's asleep, in the highchair or while singing a favourite song.

Make sure the stump is dry after bathing and try not to cover it with plastic pants and nappies. This helps the stump to heal faster. Fold nappies down away from the stump if possible.

Keep the area clean with water. Wash your hands before handling your baby's umbilical cord, and avoid touching the cord stump whenever possible.

When bathing your baby girl, wet a cotton ball, hold her legs apart and wipe between the labia with the cotton ball. Start at the front and gently wipe backwards.
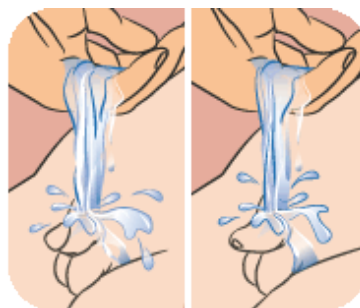
For baby boys gently rinse the genital area with water while bathing. Read more in our article on penis care.

Give your baby some 'nappy-free' time and air her skin to prevent nappy rash.