

How to Achieve the Perfect Newborn Baby Smell

- 1) In order to optimize exposure to the *Perfect Newborn Baby Smell*, always bathe the baby in the AM. You get to smell your sweet, clean baby all day and since there is a good chance you will not be showering or dressing in the first few weeks, the *Perfect Newborn Baby Smell* can be appreciated even more.
- 2) I recommend the kitchen sink for baby baths. If not the kitchen sink, then a laundry sink, bathroom sink, or other sink at counter height. This will provide great relief for your knees and back, plus, you can easily lift the baby out and move him/her straight to the towel, which will be conveniently waiting on the counter next to the sink.
- 3) Fill the sink 3-4 inches with warm water. Put baby in water and hold back of head/neck with one hand. Hold washrag in the other hand and get baby's head wet. Put a drizzle of baby soap on head and rub with fingers. Dip washrag repeatedly in water and rub head to rinse.
- 4) Place washrag on tummy and put a drizzle of baby soap on the wet washrag. Rub behind baby's ears, hands, feet and body with washrag. NOTE: Begin the full submersion bath the day you come home from the hospital. Your pediatrician will probably tell you to give sponge baths until the umbilical cord falls off, but you cannot achieve the *Perfect Newborn Baby Smell* unless the baby has actually been in a full bath-- this is one of those things you just don't need to share with your doctor.
- 5) After the soap is rinsed, lift baby out of the sink and lay on towel (preferably hooded). Dry completely. Use Q-Tip to dab umbilical cord with rubbing alcohol to keep it clean (as long as the cord stays clean and is dried completely after the bath, it's OK to get it wet—again, just don't share this information with your doctor).
- 6) Apply Baby Magic Lotion* all over the baby. This is essential to the *Perfect Newborn Baby Smell*; it also promotes *Perfect Soft Baby Skin*, which encourages people to hug, kiss and admire your baby.
- 7) Brush baby's head/hair with a soft baby brush whether your baby has hair or not. It is important to wash and brush baby's head/hair daily to avoid cradle cap.
- 8) Diaper, dress, and swaddle. Lift baby up and take a big whiff to enjoy the *Perfect Newborn Baby Smell*!
- 9) Repeat every 24 hours. Again, your doctor may say that a bath every two to three days is sufficient and daily bathing can over dry a newborn's skin, but, come on, that newborn is sitting in diapers all day and spitting up. As long as you don't skip the Baby Magic Lotion step, your baby will not have dry skin and will be clean and shiny!

* True Baby Magic Lotion was taken off the market a few years ago. Playtex sold the brand, and the new company who now owns Baby Magic re-released "original baby scent"—it is not the same. Johnson's Baby Lotion is my second choice.