

## Freedom of Information request 376-22

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### Request

1. What antenatal advice does the trust routinely give to mothers about infant skincare including the bathing of babies?

2. What postpartum advice does the trust routinely give to mothers about infant skincare including the bathing of babies?

Please let us know if you do not routinely give advice about this. If your trust has several hospitals and the advice differs at each hospital, please answer each question for each hospital. Your midwifery team and/or obstetrics team are likely to be able to help with this request. If you do not have a midwifery or obstetrics team please let us know.

### Response

1. and 2. NHS Borders advise women not to bath their babies in the first 24hr to support thermoregulation, unless there is a clinical reason to do so (if the baby is heavily soiled etc). We advise that after the first 24 hours women bath their baby in plain water as and when they wish to. We advise the parent to top and tail baby twice daily with water. If baby's skin is particularly dry we recommend natural oils around dry patches. We would not advise carers to use products and encourage only unscented products if they wished to use them.

If you are not satisfied with the way your request has been handled or the decision given, you may ask NHS Borders to review its actions and the decision. If you would like to request a review please apply in writing to, Freedom of Information Review, NHS Borders, Room 2EC3, Education Centre, Borders General Hospital, Melrose, TD6 9BS or [foi.enquiries@borders.scot.nhs.uk](mailto:foi.enquiries@borders.scot.nhs.uk).

The request for a review should include your name and address for correspondence, the request for information to which the request relates and the issue which you wish to be reviewed. Please state the reference number **376-22** on this request. Your request should be made within 40 working days from receipt of this letter.

If following this review, you remain dissatisfied with the outcome, you may appeal to the Scottish Information Commissioner and request an investigation of your complaint. Your request to the Scottish Information Commissioner should be in writing (or other permanent form), stating your name and an address for correspondence. You should provide the details of the request and your reasons for dissatisfaction with both the original response by NHS Borders and your reasons for dissatisfaction with the outcome of the internal review. Your application for an investigation by the Scottish Information Commissioner must be made within six months of your receipt of the response with which you are dissatisfied. The address for the Office of the Scottish Information Commissioner is, Office of the Scottish Information Commissioner, Kinburn Castle, Doubledykes Road, St Andrews, Fife.