



ACTIVE LEARNING GUIDE

MY TOWN WELLNESS CLINIC

BABY DOLL BATH & SWADDLING

(No baby doll, no worries! These tips and tricks work well on many vinyl and plastic toys)

We love our babies in the My Town Wellness Clinic. They receive a great deal of love and care from the many junior doctors and nurses that visit the Wellness Clinic, so they often need to have a bath. If you have vinyl baby dolls or toys that need a bath at your house, here are some fun tips and tricks to getting them clean.

ALWAYS ask a grown up for help when using cleaning products

Supplies:

- Small Tub
- Warm Water
- Liquid Soap
- 70% Rubbing Alcohol
- Washcloth
- Cotton pad or ball

Optional:

- Magic Eraser
- Cotton swab

Tip #1: Start with a small tub of warm, soapy water and a washcloth. If your vinyl baby is just a little dirty, good ole warm soapy water and washcloth wipe down will remove most of the dirt and oil that has built up over time.

Trick #1: Exchange the washcloth for a Magic Eraser. To get an even better result, use a Magic Eraser instead of a washcloth to scrub your vinyl baby.

Tip #2: Use 70% rubbing alcohol to remove marker, paint or stuck on dirt. Soak a cotton pad or a corner

of a Magic Eraser with alcohol and rub it on any marker, paint or stubborn dirt to help remove it. It may not come all the way off, but it will at least lighten the markings or stains.

Trick #2: Use a cotton swab to get into hard to reach or small areas on the doll. Dip a cotton swab in alcohol and use it to clean around the baby's mouth, little baby fat rolls, or in the areas where arms and legs attach to the body.

Once your baby is all clean, follow these steps to swaddle them up for snuggling:

1. On a flat surface, place a small blanket or sheet so it looks like a diamond shape with one corner pointing toward you.
2. Before placing the baby on the blanket, fold the top corner (facing away from you) down to make the blanket into an upside down triangle shape.
3. Place the baby on the blanket with the head above the flat edge at the top of the blanket.
4. Take the blanket corner to your left and wrap it across your baby, slightly tucking it under the baby.
5. Take the blanket corner pointing toward you and pull it up and tuck the corner over the right shoulder of the baby.
6. Finally, take the blanket corner to your right, wrap it across your baby and tuck it under the baby
7. Pick up your baby and give it a snuggle.