

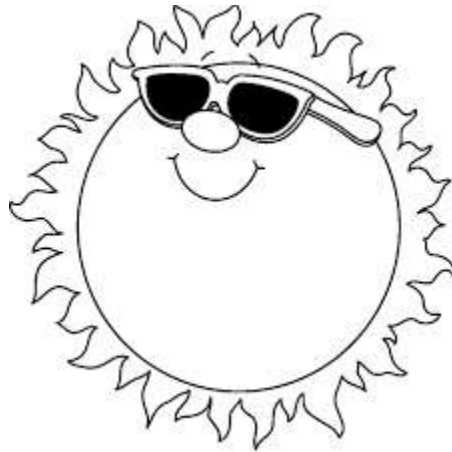
Birth Care & Family Health Services

(717) 786-4010

fax (717) 786-4011

Georgetown Office
1138 Georgetown Rd. • P.O. Box 152 • Bart, PA 17503

Harvest Drive Office
3469 Harvest Drive • Gordonville, PA 17529



SUN BATHS FOR BABIES

Most newborns develop some level of jaundice (yellowing of the skin). The "peak" of this level is usually between days 3-5 of life. Levels that become too high are dangerous which is why babies may need testing and treatment.

Considered a complementary method to treat physiologic newborn jaundice, sunlight therapy has been used since 1956. Babies who had short frequent exposures to direct sunlight developed lower bilirubin levels and were less yellow.

It was the discovery that full-spectrum light helped to decrease jaundice which led to the development of "bili blankets" and "bili lights" that use an intense "blue light".

There is more than one kind of jaundice. If you have any questions about your baby's level of jaundice, call your health care provider.

How to Sunbathe Newborns

- Direct sunlight on skin surface (no lotion should be used on the baby)
- You may use sunlight that shines through windows. (UV protected panes will not work)
- Remove your baby's clothes or lift up undershirt as sun must shine directly on skin. The more skin exposed the better it will work.

Hold baby or lay in sun 5 minutes on back then 5 minutes on belly.

No longer than 10 minutes TOTAL

2-4 "sunbaths" each day for the first week is usually all that is needed