

Bathing a Baby — Vulnerability Checklist

A wet baby is harder to carry and slower to dress. Minimise bath time and maximise readiness.

Two-person drill: one person reads the CALL column aloud, the other responds. Alternate roles each time.
Solo: read each call aloud, then answer it yourself.

	ITEM	CHECK
	News Check 	☐ Active Alerts? NONE <i>No active alerts in your area</i>
	Phone 	☐ Volume? at MAXIMUM <i>Audible over splashing</i> ☐ Phone Location? IN BATHROOM or just outside
	Baby Prep 	☐ Towel? ARM'S REACH <i>Large enough to wrap quickly</i> ☐ Nappy & Clothes? IN BATHROOM , ready to go <i>Not in another room</i> ☐ Babywear / Carrier? BY BATHROOM DOOR <i>For emergency evacuation</i>
	Your Clothes 	☐ Your Outfit? ON — fully dressed <i>You may need to move fast while holding baby</i> ☐ Your Shoes? CLOSED-TOE, ON FEET
	Door	☐ Bathroom Door? UNLOCKED
	Shelter Route	☐ Route Clear? YES <i>Can you get from bathroom to shelter holding a wet baby?</i>
	Keep It Short 	☐ Time? MINIMISED <i>Quick wash, not a play session</i>

If a siren sounds while bathing baby:

1. **Lift baby out of water** — one motion
2. **Wrap in towel** — do NOT dry off, just wrap
3. **Do NOT dress the baby** — a towel-wrapped baby is fine for shelter
4. If carrier/babywear is by the door — **use it** (faster than carrying by hand)
5. **Move to shelter** — you are already dressed and shoed
6. Dress the baby **in the shelter**, not before

Two-parent protocol

- **Parent A** — lifts and carries baby
- **Parent B** — grabs go bag and opens doors
- Assign roles **before** bath time, not during the siren
- If solo: baby first, bag only if it's on your route

Post near the baby bath. Consider bath time the highest-vulnerability window with an infant in the house.