

Stay Cool Top Tips for Babies

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How do you keep your baby cool when temperatures soar?

1. The best way to stay cool and comfortable in hot weather is to keep your baby in the shade especially between 11 am and 3 pm, when UV radiation is at its strongest. A sun tent can provide shade, but make sure that it doesn't get too hot inside.
2. If you do need to venture out in the heat, dress your baby in lightweight cotton clothing (synthetic fibres will make your baby sweat) that cover the legs and arms, and a brimmed sunhat. Attach a sunshade to the pushchair to keep your baby cool and to provide skin protection from the sun. Check that there are no metal parts on the pushchair that can get hot and burn your baby
3. A shaded paddling pool is a great way to keep your baby cool in hot weather. Ensure that your baby is closely supervised at all times. Alternatively, if your baby is 3 months or older, a swimming pool is a fun way to cool down. If your baby starts to shiver, it is time to get out and get dressed.
4. One of the simplest ways to find out if your baby is too hot is to place your hand on the back of his neck or on his tummy. A cold water bottle wrapped in a cotton or muslin cloth placed on your baby's tummy will help to cool him down.
5. A thermometer will help you to monitor the temperature of your baby's nursery. Your baby will sleep more comfortably when the room is between 16°C (61°F) and 18°C (65 °F). Bottles of frozen water placed in your baby's sleeping area can help reduce room temperature.
6. Reduce bedtime clothing and bedding to a minimum in hot weather, and keep your baby's room well ventilated. Consider putting your baby in a lightweight (0.5 tog) sleeping bag with just a nappy on.
7. When travelling, place a portable blackout blind or sunscreen in the side window to reduce temperature and glare, and to help shield your baby's skin and eyes from the sun. Alternatively, consider travelling at night when the temperature is cooler or use a fan to circulate air.
8. Going without a nappy can help your baby to keep cool, dry and comfortable. It is also the most effective treatment for nappy rash.
9. Sponge your baby's forehead with cool water to make him feel more comfortable. However, body sponging is not recommended because it can make your baby shiver, which increases temperature.
10. Place your baby on a natural lamb's wool fleece on the floor, where the air is cooler. The fleece will absorb moisture, which when released, will cool your baby down. Air circulating around the fibres will also help to disperse heat. A lamb's wool fleece is an ideal way to keep your baby cool in the push chair or car seat, and on long-distance journeys.