

## How to Keep Your Baby Safe and Comfortable in Hot Weather



### Highlights

In hot weather, babies are at risk of overheating. Keep your baby cool by offering extra drinks and dressing them in loose, light clothing.

Babies under 6 months should be breastfed or given formula, while older babies can have cooled, boiled water.

Keep your baby safe by staying indoors during the hottest parts of the day, using fans, and ensuring proper ventilation during sleep.

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## **How Hot Weather Affects Babies**

Babies have difficulty regulating their body temperature and sweat less than adults, making them more vulnerable to heat-related illnesses.

## **How to Keep Your Baby Safe in the Heat**

Offer extra drinks for babies under 6 months (breastfeeding or formula).

For babies over 6 months, offer cooled boiled water.

Dress your baby in light, loose clothing.

Stay inside on very hot days or stay in the shade when outside. Keep outings short.

Never leave your baby alone in a car.

## **How to Keep Your Baby Cool While Sleeping**

Ensure airflow by removing any padding in the cot.

Use cotton sheets to absorb sweat.

Dress your baby in just a nappy for sleep.

Move the cot to a cooler room if necessary.

Use fans or air conditioners but ensure the cool air doesn't blow directly on your baby.

## **Signs Your Baby Might Be Too Hot**

Check by placing your hand on your baby's chest or back. If it's warmer than their hands or feet, they might be too hot.

## **Ensuring Your Baby Gets Enough to Drink**

Check for 6-8 wet nappies in the last 24 hours as a sign your baby is hydrated.

If you suspect dehydration, consult a doctor.

## **Managing Heat Rash and Heat Stress**

Heat rash (prickly heat) is common and can be managed by dressing your baby in loose cotton clothes and giving cool baths.

Signs of heat stress: Listlessness, clammy skin, and increased sweating. Seek

medical help if no improvement is seen.

## **Protecting Your Baby Outdoors**

Stay out of the sun during the hottest parts of the day.

Dress your baby in protective clothing, a broad-brimmed hat, and use sunscreen.

Ensure your baby's pram or baby capsule has good airflow.

## **Safety in Baby Capsules and Prams**

Use sunshades on car windows to protect your baby from direct sunlight.

Never leave your baby in a car or a pram in hot weather. Avoid covering the pram with cloth, as this traps heat.

## **Tools and Assistance**

**Thermometers and Temperature Monitors** A room thermometer can help you monitor the temperature of your baby's room. Ensure the room stays cool but not cold, ideally around 20°C (68°F). You can also use a baby monitor with a temperature sensor to help you keep track of your baby's surroundings.

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**Fans and Air Conditioners** A fan or air conditioning unit can help maintain a comfortable temperature in your baby's room, especially on hot days. Ensure the fan is placed where it doesn't blow directly on your baby, as this could cause them to get too cold or dry out their skin.

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**Cooling Products** There are various baby cooling products like cooling mats, which help regulate your baby's temperature while they sleep. These can be placed underneath their cot sheets to maintain a cool surface. Lightweight, breathable cotton sheets and clothes can also help keep your baby comfortable and cool.

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**Sun Protection Gear** Consider baby-safe sunshades for strollers or cars to protect your baby from direct sunlight during outings. Use broad-brimmed hats, sunglasses with UV protection, and SPF 30+ sunscreen to protect your baby's skin when going outside.

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**Hydration Monitoring Tools** Keep track of your baby's hydration by monitoring their wet nappies (aim for 6 to 8 wet nappies in 24 hours). Hydration tracking apps can also assist in keeping a log. Consider using a baby bottle with a built-in measurement indicator to track their intake, especially when giving cooled boiled water to older babies.

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**Heat Rash Treatment** Have gentle, fragrance-free baby lotions or powders on hand to soothe any skin irritation or heat rash. Avoid using harsh chemicals on your baby's skin. A cool compress or a baby-friendly moisturizing cream can help alleviate the discomfort of heat rash.

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**Emergency Medical Kit** Ensure you have a basic medical kit that includes baby-safe fever reducers, a thermometer, saline drops for congestion, and other essential items for heat-related illnesses. It's important to have easy access to a first-aid manual or app for guidance in case of a heat-related emergency.

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**Baby Monitors** Some baby monitors come with features like room temperature monitoring. This can be especially useful to ensure the baby's environment stays comfortable during hot weather. Look for models that have both sound and video features, and those that offer temperature monitoring to alert you to any drastic changes in room conditions.

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