

Protecting Your Baby in Cold Conditions



Highlights

Babies lose heat quickly, especially from their head and face.
Layering clothing helps regulate your baby's body temperature.
Avoid overheating with too many blankets or hats indoors.
Watch for signs of hypothermia in cold weather.

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How cold weather influences your baby's comfort

When a baby is cold, they will feel uncomfortable and are unlikely to sleep well.

Healthy babies can maintain a normal body temperature with ease, but if they are sick or the weather is very cold, extra care in dressing may be needed.

Babies lose body heat from their head and face, so hats and beanies are good ways to help them maintain warmth.

Warm clothing can cause a baby to overheat, so hats or beanies should be removed indoors or in warm places.

Understanding if your baby is too cold or too warm

A good guide is to dress your baby in the same number of layers as you have on, plus one more.

Feel the skin on your baby's tummy and back to check if they are warm. Their hands and face may feel cold, but this is not an accurate indicator of their body temperature.

Comfortable babies are happy, active, and feed and sleep well.

Potential dangers of extreme cold for babies

Babies are at greater risk of hypothermia due to their smaller size and less muscle mass.

Signs of hypothermia include shivering, slow breathing, and pale, cool skin.

Babies who are hot may appear uncomfortable, with red and flushed skin.

Outdoor safety during winter outings

It is safe to take your baby out in cold weather, as long as they are dressed warmly and protected from wind and rain.

Take spare clothes if your baby becomes wet, as they are more likely to feel cold.

Dress your baby in extra layers and bring a lightweight blanket for their pram.

How to dress your baby when going outside

Dress your baby in lightweight layers that are easy to remove if they warm up.

Check the weather forecast and pack extra clothing layers in case your baby gets too cold.

Bedtime clothing tips for chilly nights

Follow safe sleeping guidelines when putting your baby to sleep, ensuring their head is uncovered to avoid overheating.

Dress your baby in night clothes and use a safe sleeping bag that fits properly and has no hood.

Cold weather guide

Avoid electric blankets or hot water bottles in your baby's cot, as these can cause overheating.

Use layers of lightweight blankets that can be added or removed as needed for temperature control.

Avoid soft bedding like doonas, pillows, and cot bumpers, as these can cause overheating and may cover your baby's face.

Baby sleep patterns during colder seasons

You do not need to measure the room temperature, but dress your baby appropriately for the room temperature and use suitable bedding.

Babies do not necessarily sleep more in winter, though they may feel more secure when swaddled.

Tools and Assistance

Support hotlines for child health concerns
Safe sleeping guides from health authorities
Cold weather baby clothing checklists
Emergency signs of hypothermia information