

How to Keep Your Baby Safe and Comfortable in Cold Weather



Highlights

Cold weather can make babies uncomfortable, and they are less likely to sleep well. Healthy babies can usually maintain a normal body temperature, but in extreme cold, dressing them properly becomes crucial. Babies lose body heat from their head and face, so wearing hats and warm clothing is essential. However, overheating should also be avoided.

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How to Know if Your Baby is Too Cold or Too Warm

A good guide is to dress your baby in one more layer than you are wearing.

Check the skin on your baby's tummy and back, as their hands and face might feel cooler than their body temperature. A comfortable baby will be happy, active, and feed or sleep well.

Risks of Extreme Cold Weather for Babies

Babies have less muscle mass and are more at risk of developing hypothermia. Signs of hypothermia include shivering, slow breathing, and pale, cool skin. A baby who is too hot will appear uncomfortable, with red, flushed skin.

Taking Your Baby Outside in Cold Weather

It is safe to take your baby outside in cold weather as long as they are dressed warmly and protected from wind and rain. If your baby gets wet, they may feel cold, so bring spare clothes. Use extra layers and a lightweight blanket when your baby is in a pram or stroller. Ensure your baby is warm in a carrier or sling, but always follow baby sling safety guidelines.

Dressing Your Baby for Cold Weather (Outdoors and at Bedtime)

Dress your baby in lightweight layers that can be removed if they warm up. Check the weather forecast and bring extra clothing if needed.

Cold Weather Dressing Tips

Dress your baby in layers, using lightweight blankets that can be added or removed. Avoid using soft bedding like doonas, pillows, cot bumpers, or sheepskin, as these can lead to overheating and may cover the baby's face.

Winter Sleep Patterns for Babies

Dress your baby appropriately for room temperature and avoid leaving heating or cooling on all night. Babies do not necessarily sleep more in winter, though they may feel more secure when they are dressed warmly.

Tools and Assistance

Thermometers: Use room and body thermometers to check your baby's temperature

and ensure they're not too hot or cold.

Layered Clothing: Always keep extra layers of clothing or blankets handy for easy adjustments.

Sleep Sacks: Choose a sleep sack to regulate your baby's temperature while ensuring safe sleep.

Carriers and Slings: Use appropriate carriers and slings for outdoor outings to keep your baby warm and comfortable.

Car Seat Covers: Use weather-appropriate covers for your baby's car seat during winter to protect against the cold.