

## Cool Baby

### 14 Tips on how to keep your baby cool during very hot weather

Babies sleep well in a room that is between 16-20 degrees C but it might be difficult to keep the room temperature anywhere near during hot weather as we live in a country where we do not typically have air conditioned homes

So what can you do to avoid your little one overheating?

- Dress your baby appropriately for the room temperature. If the room is very hot, for example over 25 degrees for most of the night, just a nappy and thin cotton vest may suffice. If the room is between 20-23 degrees a shorty baby grow or shorts and t-shirt, pyjamas perhaps with socks or just a nappy and a 1 Tog sleep sack. If your baby is too young for any kind of bedding and it is too hot for a sleep sack, simply dress them in suitable clothing for the room temperature so that no covering is required.
- During the day, open all windows on the same floor to create a blow-through and pull the curtains two thirds of the way across to block out hot sun but still allow the breeze through.
- Open your loft hatch if you have one to allow heat to escape up through the roof.
- Use only cotton bed sheets and avoid any waterproof mattress covering as this will hold heat and make your baby sweat.
- A luke-warm bath or slightly cooler bath than usual might help to refresh your baby before bedtime and relieve any clamminess. Make it a quick bath so that he or she doesn't get too chilly.
- Get a room thermometer so that you know what temperature you are dealing with. This will take away the guesswork and give you peace of mind that you have dressed your baby suitably.
- Large bottles of frozen water (1litre plus), placed in the baby's room may help to cool the air as they melt overnight.
- Electric fans will often just blow the warm air around but place a large bowl of ice or some frozen water bottles in front of the fan to cool the air that circulates the room.
- A calm baby will remain cooler than a frustrated baby so try to maintain a calming bedtime routine and offer reassurance and comfort if he or she is agitated. A cool flannel or cold compress dabbed gently on your baby may help to cool and calm him or her.
- Your baby may need to drink more than usual. Cold water is great so for young babies it is worth cooling some boiled water and refrigerating it for night time use. Breastfed babies will stay hydrated on breast milk.
- If you cannot keep your baby cool in their own room, consider moving him or her to a cooler room in the house temporarily.

- Remember, no matter how hot it is at bedtime, the temperature will drop in the night so don't put your baby in his or her cot in just a nappy if it will drop below 25 degrees in the night. You might like to check on him or her before you go to bed to see how the temperature is.
- Hands and feet do get colder than the rest of the body so it is natural for these to feel a little colder to the touch. If you are unsure about your baby's temperature, feel the back of his or her neck or use a thermometer.
- Babies will be comfortable dressed for temperatures as you would dress yourself. So ask yourself how hot it feels and what you would be comfortable in when you are considering how to dress your baby. Just remember, you can pull the covers over you but your baby cannot, so imagine you are going to bed without any bed covers.

Your baby is likely to become restless if feeling too hot or too cold so he or she may let you know. Your baby may be more difficult to settle to sleep than usual or wake more frequently due to the discomfort of the temperature.

Newborns are at risk of Sudden Infant Death Syndrome (SIDS) if they overheat so check your newborn does not have a moist head or neck, which are signs of sweating. If the face is redder than usual or he or she has a rash or you notice rapid breathing, these could be signs of overheating.