

Hot Weather Baby Safety

Keep your baby cool and safe this summer



Clothing & Sleep

- Dress baby in light, breathable clothes
- Baby may be comfiest in just a nappy
- If using a sleep bag, check the tog rating (Max 1.0 in warm weather and 0.5 in hot weather)
- Keep room temperature between 16–20°C



Airflow & Shade

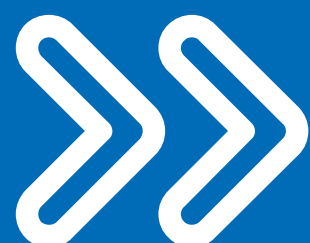
- Open windows and doors for airflow (if safe)
- Close curtains during the day to keep rooms cool
- Use a fan – don't point it directly at baby



Hydration & Safety

- Offer extra feeds to keep baby hydrated
- Never cover prams with blankets – it traps heat!

**MORE
INFO**



Scan to
watch
video



Scan for
more
tips

