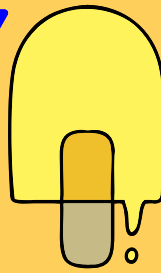


How can I keep
my baby cool?

STAY COOL!



PARENTS AND CARERS OF BABIES



Scan here for more
information and
advice

General Tips for keeping babies safe (NHS Advice)

- Keep them out of the sun as much as possible, especially between 11am-3pm.
- If you go out attach a parasol or sunshade to the pushchair. DO NOT cover the pushchair or pram with a blanket because it could lead to overheating.
- Dress them in lightweight clothing.
- Use a sunhat, that covers the back of their head, ears and neck from the sun.
- Use sunscreen (6months +) with an SPF of 50+, and make sure the product also protects against UVA and UVB rays. Reapply every 2 hours, and immediately after swimming or sweating.

Keeping them cool!

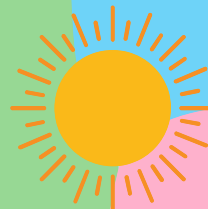
- Run a cool bath before bedtime.
- Close the blinds and curtains in the child's room during the day.
- Using a fan to circulate air can be good, but do not point it directly at the baby.
- Keep nightwear and bedclothes to a minimum.
- Your baby will sleep most comfortably when the temperature of the room is between 16-20°C.

Tips for keeping 0-6month old babies safe (NHS Advice)

- DO NOT use sunscreen, it is not recommended before babies under 6 months.
- Keep them out of direct sunlight at all times.

Avoiding dehydration:

- Fully breastfed babies do not need water until they have started eating solid foods. They may breast feed more when the weather is hot.
- If you are bottle feeding, as well as their usual milk feeds, you can give your baby a little cooled boiled water.



6-12months (NHS Advice)

Once your baby is eating solid foods, you should offer them sips of water from a cup with meals. Breastmilk or instant formula should remain their main drinks during their first year. You can offer additional water outside of meal times during hot weather.

12months + (NHS Advice)

Water, breast milk or whole cows' milk should be their main drinks. You can give them frozen lollies made from plain water or from very diluted fruit juice. Ones made from diluted fruit juice should only be given at mealtimes because they can cause tooth decay.



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Camden's Cool Spaces and
Water Refill Stations