

Babies in cold weather

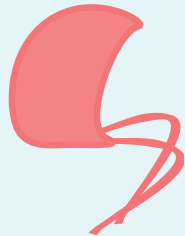
Dressing for outdoors

Dress your baby in the same number of layers you're wearing, plus an extra layer. Accessories can keep them pleasantly warm.

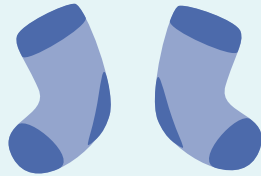
To avoid overheating, remove any extra layers as soon as you return indoors or enter a warm vehicle.



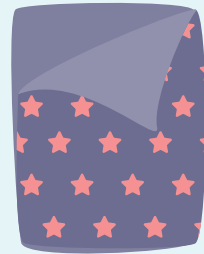
Hats



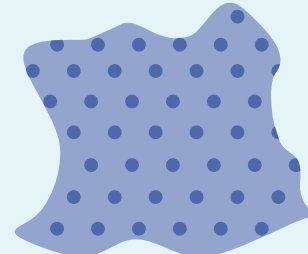
Bonnets



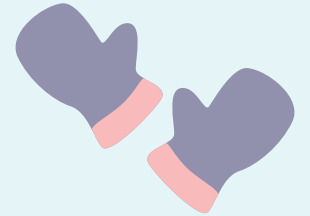
Socks



Bunny rugs



Wraps



Gloves

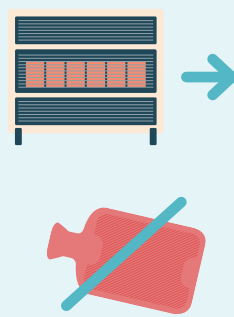
Dressing for bedtime

- Dress your baby in enough clothes to keep them warm without blankets (they can kick them off).
- Use a safe infant sleeping bag with a fitted neck and armholes, but no hood.
- For blankets (instead of a sleeping bag), use lightweight layers that can be easily added or removed.
- Make sure your baby's face and head remain uncovered during sleep.



4 Key tips

- Your baby's chest, back and tummy should feel warm – not hot or cold.
- Don't worry if your baby's hands and feet feel cold – this is normal.



- Don't let them sleep near any heaters, fireplaces or in direct sunlight.
- Never use electric blankets, wheat bags or hot water bottles for babies.