

Keeping babies cool in hot weather

Follow these tips to keep your baby cool during hot weather.

Dress light



Dress your baby in light clothing and use layers to adjust to the temperature.

Avoid direct sunlight



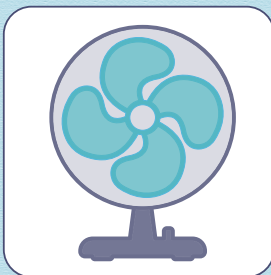
Babies under 6 months should not be out in direct sunlight. Use sunscreen for babies over 6 months.

Plenty of fluids



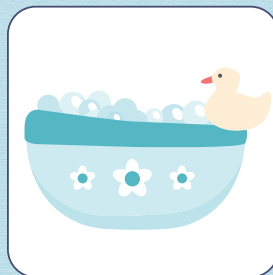
Offer an extra breastfeed or bottle for babies under 6 months. Babies may also require shorter feeds but more often.

Use a fan



Use a fan to help circulate cool air. If using an air conditioner, don't let it get too cold.

Cool bath



Give your baby a cool bath, especially before bedtime.

Shade, don't cover



Pram should be shaded, not completely covered to allow air to circulate.

Warning signs for heatstroke

- Rising body temperature - above 40°C
- Heavy sweating that suddenly stops
- Pale, clammy skin
- Rapid heartbeat and breathing
- Headache and muscle cramps
- Sunken fontanelle (soft spot on baby's head)
- Dark urine and not as frequent
- Dry mouth and eyes
- Being sleep or 'floppy'
- Confusion, shortness of breath and vomiting

If your baby or older child has any of the signs above, they need urgent treatment. Call triple zero 000 for an ambulance or take your baby to a hospital or health centre.