



# Looking after your newborn baby in extreme temperatures

- ✓ Keep newborn babies out of the sun; newborn babies' skin contains too little melanin to give any protection from the sun.
- ✓ When your baby is in the pram, use a clip-on sun shade or parasol, never cover with a blanket or muslin as this can cause your baby to overheat.
- ✓ Ideally the room temperature at home, where your baby is should be 16°C - 20°C, consider buying a thermometer to give you a better idea of the temperature in your room.
- ✓ Using a fan to circulate the air can be helpful, don't leave it in the room whilst your baby is sleeping as that can be dangerous.
- ✓ You can try opening windows and closing blinds and curtains during the day to help keep the room cool.



- ✓ Check your baby's temperature using the back of your hand on their chest or upper back. If your baby feels too warm, remove a layer, if cold or cool add a layer.
- ✓ It is perfectly acceptable to dress your baby in only a nappy during a heatwave. Even for sleep, a vest or just a nappy and no bedding on the hottest nights is fine.
- ✓ Your breastfed baby may wish to feed more regularly when the weather is very hot, this is very normal as breastmilk is both water and food.
- ✓ You can offer your bottle-fed baby a small amount of cool boiled water. A few sips of water does not replace a milk feed.

The NHS website has lots of advice, including sunscreen for babies:

<https://www.nhs.uk/conditions/baby/first-aid-and-safety/safety/safety-in-the-sun/>