

TINY BITS (BETTER INFORMED TOGETHER) FOR FAMILIES WITH YOUNG CHILDREN

DAUPHIN COUNTY MH/A/DP
JULY 2024 TINY BIT

Keeping your baby safe and cool in summer

Summertime brings warm weather and lots of sunshine. Parents of infants, in particular, should keep a few essential heat and sun safety tips in mind while enjoying the season.

Outside time is important for babies' growth and development. Parents want to make sure they are giving babies the opportunity to go outside while keeping them safe.

What outside temperature is too hot for a baby?

The American Academy of Pediatrics (AAP) suggests parents avoid taking babies outside for long periods of time if the heat index is greater than 90 degrees Fahrenheit. Prolonged outdoor exposure on extremely hot days can cause babies to overheat quickly.

How can I keep my baby cool in summer?

If the heat index is above 75- or 80-degrees Fahrenheit, take these five steps to keep your baby cool while spending time outside.

1. Seek shade.

Park your baby's stroller or blanket under a tree or in another shady spot to avoid direct sun exposure.

2. Dress baby coolly.

During hot days, dress your baby in a single layer of lightly colored, moisture-absorbent but breathable material, such as a lightweight cotton onesie or romper. Choose fabrics like cotton and linen and avoid synthetic fabrics like polyester and nylon.

Dress infants appropriately for the environment, with no more than one additional layer than an adult would wear comfortably at that temperature – for daytime and sleeping.

3. Drink liquids.

Offer breastmilk or formula to keep infants hydrated. It is generally recommended to wait until babies are at least 6 months of age to offer water. Older babies and toddlers should drink water while playing outdoors to help stay cool and hydrated.

4. Schedule extra rest time.

Time in the heat can cause infants to feel extra tired. Plan time for babies to rest or nap following outside playtime.

5. Avoid the hottest parts of the day.

Plan to take your baby out in the early morning or late evening hours so you can spend the hottest parts of the day inside. When outside, consider using a portable stroller fan to help baby stay cool.

Excerpt: [Keeping Your Baby Safe and Cool in Summer – Children's Health \(childrens.com\)](https://www.childrens.com/health-wellness/keeping-your-baby-safe-and-cool-in-summer)

