

Overheating can increase the risk of cot death

1. Babies should not be too hot or too cold.
2. A baby's room should be about 16°C to 20°C.
3. Hats and extra clothing should be removed as soon as a baby comes indoors or enters a warm car/bus/train, even if it means waking the baby.
4. If it is very warm a baby may not need any bedclothes other than a sheet. Any blankets or sheets should be tucked in underneath the arms.
5. Check baby's tummy to see if they are too hot. Don't worry if a baby's hands or feet feel cool, that's normal.
6. Changes of temperature can be controlled using lightweight blankets, not quilts or duvets.
7. Even in winter, most babies who are unwell or feverish do not need extra clothes.
8. Babies should never sleep with a hot water bottle or electric blanket, next to a radiator, heater or fire, or in direct sunshine.
9. Babies lose excess heat from their heads. They do not need to wear hats indoors or in bed.
10. Babies should be placed with their feet to the foot of their own cot on their backs to sleep. Nothing should cover a baby's head while they are sleeping.



Giving babies the
chance of a lifetime

Free phone and website for professionals and parent

0808 802 6868 www.fsid.org.uk

Stopping smoking is the best thing a parent can do for
their health and the health of their child.

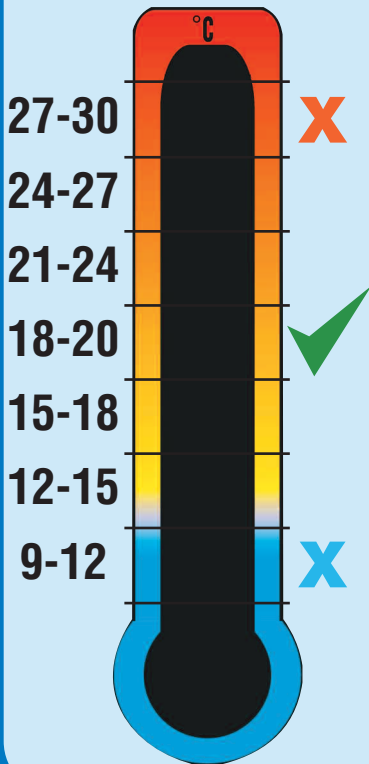
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Breastfeeding can reduce the risk of
Sudden Infant Death syndrome

ifp@medway.gov.uk 01634 331054

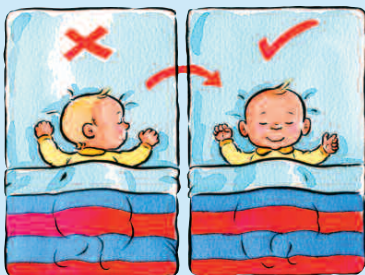


Keeping babies safe in Medway



X

The room is too warm, remove blankets or bed clothes and turn down the heating



Julie Anderson and the FSID

A baby's room should be about 16°C to 20°C

X

The room is too cold, add lightweight blankets