

HOT WEATHER AND BABIES AND YOUNG CHILDREN



Babies and young children are very sensitive to hot weather, so it is important to watch them closely and stop them from getting dehydrated or too hot. If you think your child is unwell due to hot weather, seek medical attention.



In hot weather, **Breast-fed babies** may need extra breast-feeds, but if they are under 6 months it is not recommended to give them water. **Bottle-fed babies** may need extra feeds and can be offered small amounts of cooled boiled water as needed.



Make sure young children have regular drinks throughout the day. Water is best. Avoid giving them sugary or fizzy drinks.



Dress babies and young children in light, loose-fitting clothing, like singlets and nappies, or loose tops.



Never leave babies or children in a car.



Choose the coolest place in your home for babies or young children to sleep, making sure air can circulate around their bassinette or cot.



Avoid taking babies or young children out in the hottest part of the day. If you go out, stay in the shade, protect their skin with loose-fitting clothing and a hat, and use baby or toddler formula sunscreen.



To help babies and young children cool down, sponge them with lukewarm (not cold) water.



Avoid using baby carriers and slings in the heat as they restrict airflow and babies may be more likely to overheat.

In a medical emergency, always call triple zero (000) for an ambulance

For more information

www.sahealth.sa.gov.au/healthyintheheat

Public I1-A1

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