

CARING FOR 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.



Breastfed babies may require additional breastfeeds.

Bottle-fed babies can be given small amounts of cooled boiled water **between feeds**.



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



Make sure young children have regular drinks throughout the day.

Water is best. Avoid giving them sugary or fizzy drinks.



Avoid taking babies or young children out in the hottest part of the day.

If you do have to go out, keep them in the shade, protect their skin with loose-fitting clothing and a hat, and use baby or toddler formula sunscreen.



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.

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

For more information

**Emergency Management Unit
Public Health and Clinical Systems
Department of Health**

**E-mail: emergencymanagement@health.sa.gov.au
www.sahealth.sa.gov.au/healthyintheheat**



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