



## When it is cold your baby can be too warm

Being too warm can do more harm than being too cold.  
How to look after your baby indoors when the room is cold.



- Do not put a hat on your baby when they are inside. This is dangerous because if they get too hot they need to lose heat through their head.



The right room temperature is 16 to 18° C.  
If your room is below that temperature,  
dress your baby in layers.



- Dress in a vest or babygrow with long sleeves and legs. Add a cardigan if the room is very cold.



- Cover them with a 2.5 tog baby sleeping bag, or thin tucked in blankets.  
**Do not use blankets and a sleeping bag together.**



- It is safest for your baby to sleep on their back on a firm, flat, waterproof blanket in a cot or Moses basket. Their feet should be at the foot of the sleep space.



- It is normal for your baby's hands and feet to feel cool. Check their tummy or back to see how warm they feel.