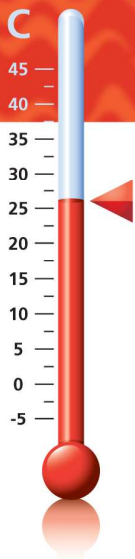


# Beat the HEAT



**26 DEGREES INSIDE - TIME TO TAKE ACTION!**

## Taking Care of Your Child in the Heat

Babies need extra care in very hot weather. If you feel uncomfortably hot, your baby will need special care too.

### Feeding and Drinking

#### Breastfed babies:

- Feed more frequently in hot weather
- Have plenty of fluid yourself, have a cool drink every time you feed your child

#### Bottle-fed babies:

- Feed more frequently
- Boiled water that has been cooled may be given after the bottle

#### Children

- Remember to offer young children regular drinks during the day, not just at meal times
- Water is best, but it can be flavoured with juice if you need to

### Baths and showers

- Tepid baths can help keep your child cool in the hot weather. The water needs to be warm enough to be comfortable; cool or cold water should not be used. Never leave children alone in a bath or paddling pool
- Use a cool face washer to dampen their bodies

### Light Clothing and Sunscreen

It is better to stay indoors on a hot day to keep your baby cool. If you do need to go outside:

- Dress your baby in lightweight clothes that cover their skin
- Make sure your child has a well fitting hat
- Stay in the shade
- Use baby sunscreen, and remember to keep applying during the day
- Take plenty of drinks with you

### Sleeping

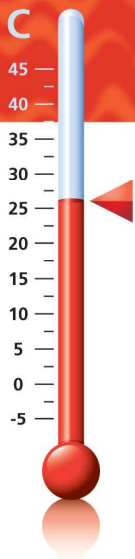
#### During the day:

- Find the coolest spot in the house for your child to sleep, the floor is often cool, but make sure all pets are outside
- Prams can be very warm and airless, do not leave your baby to sleep in a pram in the hot weather
- Use fans but do not have your child in the direct air flow
- If you have air-conditioning, make sure the room does not become too cold. A room temperature of about 24 to 26 degrees would probably be low enough.

Information from:

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Child\\_safety\\_hot\\_weather?OpenD](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Child_safety_hot_weather?OpenD)  
<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=305&id=1605>

# Beat the HEAT



**26 DEGREES INSIDE - TIME TO TAKE ACTION!**

## During the night

- The coolest spot for your child to sleep maybe in a passageway
- Cool the air by hanging wet towels over chairs or windows to let the air pass through
- As in the day make sure your child is not in the direct air flow or fans or air conditioning
- Cover mattresses and waterproof sheets with a thick layer of cotton sheets to absorb perspiration and prevent prickly heat
- Air needs to circulate around your child, so do not use padding around the cot or use pillows or mattresses that allow your child to sink down.

## Travelling

- Where possible avoid travelling in the hottest part of the day, if you have to go out schedule trips for the early morning or the late evening
- Never leave babies or young children alone in a car, even in mild weather the car can become too hot and uncomfortable for a child, in the hot weather car can be very dangerous
- Turn on your air-conditioning, or if you do not have air-conditioning keep your windows open when the car is moving

## Warning signs

A flushed face, skin that's warm to the touch, rapid breathing, and restlessness may be warning signs of dehydration. It is important in the heat to be aware of the signs of heat-related illness. If your child showing one or more of the following symptoms take them to a doctor or the nearest hospital:

- not eating or drinking
- sleepy
- irritable or crying
- has fewer wet nappies
- has hot dry skin
- has a dry mouth
- has a body temperature of 40 degrees Celsius
- is vomiting or has diarrhoea

On the way to a doctor or hospital:

- keep your child cool
- put the air-conditioning on, or have the car windows open

Information from:

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Child\\_safety\\_hot\\_weather?OpenD](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Child_safety_hot_weather?OpenD)  
<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=305&id=1605>