

How to keep babies safe in hot weather



Merri-bek
City Council

Your baby and heat

Babies and young children are at risk from heat stress or heat stroke during very hot weather. They can lose body fluids and quickly become dehydrated, so it's important to keep a close eye on them. Never leave baby and kids in cars.

Watch out for these signs in your baby:

- Baby looks unwell or might be more upset than usual
- Body may be floppy
- Pale and clammy skin which looks hot and flushed
- Increased sweating
- Refusing to drink breastmilk, milk, formula, water
- Has fewer wet nappies than usual
- The soft spot (fontanelle) may be lower than usual.

How can I tell if my baby is too hot?

To check how warm your baby is, place your hand on their chest or back. This will give you a better idea of how hot they are than just feeling their hands or feet. A baby's hands and feet usually feel cooler than their body.

Tips to keep baby cool:

	• Give baby a lukewarm (not cold) bath • Dress baby in light clothing
	• Baby may need more or shorter feeds of breast milk or formula • Do not give water to babies under 6 months. Give them extra feeds of formula or breast milk • Baby should have 6 – 8 wet nappies per day to be hydrated or have enough milk
	• Do not leave baby in the pram • Do not cover the pram - the air can become hot inside.

	• Use a fan in the room but do not put this directly on baby • If using an air conditioner, set to 24-25 degrees celcius and check baby is not getting too cold
	• If you do not have a fan or air conditioner, cover baby's body with cool, damp cloths • You can also place wet towels or sheets around the bassinette or cot to cool the air near them • Check your baby to make sure they are not getting too cold
	• Do not place baby in direct sunlight - babies under 6 months old should not be outside in direct sunlight • Avoid travelling with baby when it is hot – if you must travel, go in the cooler part of the day like early morning or evening
Sun Safety	• When going out, put on protective clothing, a hat, and sunglasses on baby • Use sunscreen that is SPF 30 + or higher • Seek shade

Find out more

- [Breastfeeding and hot weather | Australian Breastfeeding Association](https://www.breastfeeding.asn.au/resources/breastfeeding-hot-weather)
<https://www.breastfeeding.asn.au/resources/breastfeeding-hot-weather>
- [Babies in hot weather | Pregnancy Birth and Baby](https://www.pregnancybirthbaby.org.au/babies-hot-in-weather)
<https://www.pregnancybirthbaby.org.au/babies-hot-in-weather>
- [Heatwave precautions for babies & young children | The Royal Women's Hospital](https://www.thewomens.org.au/health-information/at-home-with-your-baby/heatwave-precautions-for-babies-young-children)
<https://www.thewomens.org.au/health-information/at-home-with-your-baby/heatwave-precautions-for-babies-young-children>
- [Family notices & information sheets - SunSmart](https://www.sunsmart.com.au/advice-for/schools-early-childhood/early-childhood-resources/early-childhood-family-notice-information-sheets)
<https://www.sunsmart.com.au/advice-for/schools-early-childhood/early-childhood-resources/early-childhood-family-notice-information-sheets>

Where to get help

- In an emergency, call triple zero (000)
- Your regular doctor
- Call NURSE-ON-CALL for health information and advice (24 hours, 7 days) 1300 60 60
- Call the Maternal and Child Health Line in Victoria (24 hours, 7 days): 132 229

Speak with us in your language 		For more information visit merri-bek.vic.gov.au/your-language	
Per maggiori informazioni nella tua lingua, chiama il numero 9280 1911	اپنی زبان میں مزید جاننے کے لیے 9280 1917 پر کال کریں۔	如需了解更多您语言版本的信息, 请致电 9280 0750	अपनी भाषा में अधिक जानने के लिए, 9280 1918 पर कॉल करें
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