**Keeping your baby safe during hot weather**

Babies and young children can experience dehydration, sunburn, heat exhaustion or heatstroke during hot weather. These can have serious health consequences. Below are some simple tips to keep your child safe and happy during hot weather, and some links to additional resources.

**Heat and sun safety**

* Always use a sunscreen of at least spf 30 for your baby, which protects against both UVA and UVB rays. Choose formulas specifically designed for babies and children, as these will be suitable for their sensitive skin. Re-apply regularly, according to the instructions on the bottle.
* Babies younger than 6 months should be kept out of direct sunlight, as their skin does not contain enough melanin to protect from the harmful effects of the sun
* Older babies should also be kept out of the sun as much as possible, especially between 11am-3pm, when the sun is strongest
* Make sure your baby’s head and neck are protected from the sun with a wide brim and/or long flap at the back
* Use a parasol on your baby’s pushchair to keep them cool and protected from the sun
* During very hot weather, do not let your child or baby crawl or walk on astroturf, as this can heat up rapidly and cause burns or injuries to the skin

**Staying cool**

* During the day, keep your child’s room cool by closing blinds or curtains. A fan can help to circulate the air in the room.
* Your baby will sleep most comfortably when their room is between 16C and 20C. A nursery thermometer can help to monitor the temperature of your baby's room.
* Consider a cool bath before bedtime
* Playing in a paddling pool can keep babies and children cool during the day. Make sure to fully supervise children at all times, and never leave young children unattended. Keep the pool in the shade during very hot weather
* Be aware that the water in outdoor hoses can reach temperatures high enough to cause burning or injury. Always run the water through for a few seconds and check the temperature before using
* Keep nightwear and bedclothes to a minimum. Consider putting them in just a nappy with a single well-secured sheet that will not work loose during the night, as it can be a risk to their safety if this gets tangled or covers their face

[The Royal Women’s Hospital – Victoria, Australia](https://www.lullabytrust.org.uk/the-lullaby-trust-urges-parents-to-keep-babies-cool-during-the-heatwave/#:~:text=Close%20the%20blinds%20or%20curtains,is%20fine%20in%20hot%20weather) has further, detailed advice on safe sleep for your baby during hot weather (please note, this is an Australian website, and the phone numbers for help in an emergency are not applicable in the UK).

**Hydration**

It’s really important to ensure your baby gets extra fluids during periods of heat, to avoid dehydration.

* Fully breastfed babies may need to feed more than usual, to get enough fluid into their bodies.
* Cooled boiled water can be given to babies who are bottle feeding
* Children over 12 months can be given ice lollies at mealtimes for additional hydration (remember that undiluted fruit juice or fruit smoothies shouldn’t be given to children until they are at least 5 years old, as it increases their risk of tooth decay)

The [NHS Website](https://www.nhs.uk/conditions/baby/first-aid-and-safety/safety/safety-in-the-sun/) has detailed advice for hydration during each stage of your baby’s life.

**Further information:**

NHS Guidance: [dehydration](https://www.nhs.uk/conditions/dehydration/)

NHS Guidance: [heat exhaustion and heatstroke](https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/)

NHS Guidance: [sunburn](https://www.nhs.uk/conditions/sunburn/)

[The Lullaby Trust urges parents to keep babies cool during the heatwave - The Lullaby Trust](https://www.lullabytrust.org.uk/the-lullaby-trust-urges-parents-to-keep-babies-cool-during-the-heatwave/#:~:text=Close%20the%20blinds%20or%20curtains,is%20fine%20in%20hot%20weather)

[Sun safety for kids | Baby & toddler, Getting out & about with your baby articles & support | NCT](https://www.nct.org.uk/baby-toddler/getting-out-about-your-baby/summer-your-baby/sun-safety-for-kids)

[Heatwave precautions for babies & young children | The Royal Women's Hospital (thewomens.org.au)](https://www.thewomens.org.au/health-information/at-home-with-your-baby/heatwave-precautions-for-babies-young-children#:~:text=Avoid%20taking%20your%20baby%20or,Use%20sunshades%20on%20windows.) - (please note, this is an Australian website, and the phone numbers for help in an emergency are not applicable in the UK)

[Looking after children and those in early years settings before and during hot weather: teachers and other educational professionals - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/hot-weather-and-health-supporting-vulnerable-people/looking-after-children-and-those-in-early-years-settings-during-heatwaves-for-teachers-and-professionals)

[Get help for your symptoms - NHS 111](https://111.nhs.uk/)

In an emergency, call 999