



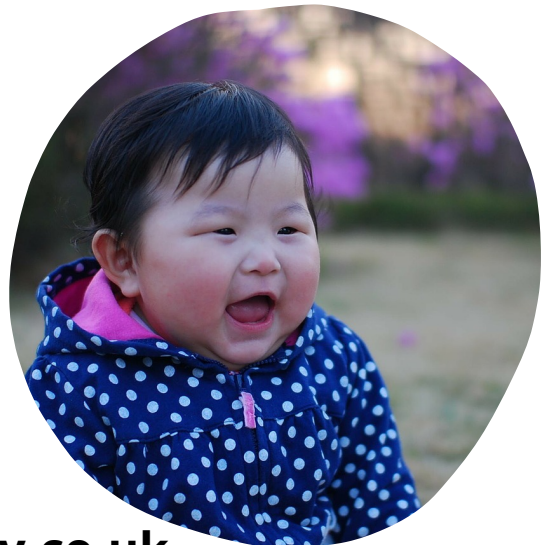
Winter Safety

0 to 19
TORBAY

- Babies can't talk, so they can't tell you whether they're feeling hot or cold.
- It's a good idea to dress your baby in layers when inside and outside. Feel the back of their neck to ensure they aren't too hot.
- Remember to remove thick coats when your baby is in a carseat as this will mean the straps are not close enough to the baby's body.
- You can use a sleeping bag for your baby, as this can prevent bedclothes from covering your baby's face. If you're using blankets instead of a sleeping bag for your baby, use layers of lightweight blankets tucked in.
- Make sure your baby doesn't sleep near a heater or fireplace.
- Never use electric blankets, wheat bags or hot water bottles for babies or toddlers.
- It is important to remove extra layers – blankets and coats – once your baby is inside.
- Babies can overheat very quickly which can be fatal if they are too warm for too long.

Did you know!

- As a general guide, dress your baby in the same number of layers you're wearing, plus an extra layer.
- For bedtime the temperature of a baby's room should be 16-20 degrees.



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