

KEEP *cool* IN DAREBIN

BABIES AND YOUNG CHILDREN



the place to live

Babies and young children are very sensitive to hot weather, so it is important to watch them closely and stop them from getting dehydrated or too hot. If you think your child is unwell due to hot weather, seek medical attention.



In hot weather, **Breast-fed babies** may need extra breast-feeds, but if they are under 6 months it is not recommended to give them water. **Bottle-fed babies** may need extra feeds and can be offered small amounts of cooled boiled water as needed.



Avoid taking babies or young children out in the hottest part of the day. If you go out, stay in the shade, protect their skin with loose-fitting clothing and a hat, and use baby or toddler formula sunscreen.



Choose the coolest place in your home for babies or young children to sleep, making sure air can circulate around their bassinet or cot.



Make sure young children have regular drinks throughout the day. Water is best. Avoid giving them sugary or fizzy drinks.



Dress babies and young children in light, loose-fitting clothing, like singlets and nappies, or loose tops



Avoid using baby carriers and slings in the heat as they restrict airflow and babies may be more likely to overheat.



To help babies and young children cool down, sponge them with lukewarm (not cold) water.



Never leave babies or children in a car.

If you are unwell call Nurse on Call on **1300 60 60 24** or **000** in an emergency.

For more information go to darebin.vic.gov.au/heatwaves

Thank you to the Department of Health, South Australia for permission to repurpose these materials.