FEEDING

Unless your baby has special needs, for example in the early weeks if he or she was born prematurely, you baby will communicate with you when he or she needs to feed. If you are concerned about your baby feeding to frequently or not enough, contact your midwife, health visitor or G.P. for advice.

SMOKING

It is harmful to smoke during pregnancy and in the presence of babies.

FINALLY

When you go to bed check your baby and the temperature. If you are worried contact your midwife, health visitor or G.P.

[](http://www.ldh.nhs.uk/welcome/)

DIRECTORATE OF OBSTETRICS AND GYNAECOLOGY

TEMPERATURE AND YOUR BABY

Young babies can easily overheat as they are unable to control their temperature. It is a good idea to buy a wall thermometer so you can see easily the temperature of the room. Research has shown that probably the best temperature for the baby’s room is : -

AGE ROOM TEMPERATURE

0-1 month 18 -20° C 65-70° F

1 month onwards 16-19° C 62-68° F

The inside temperature does not vary much winter to summer.

May houses are insulated, have central heating and double glazing. Because of this the baby does not need to be dressed very differently when indoors in either season. If the baby sweats freely it is too hot.

This is the same in shops and when going out in the car, don’t put them in their outdoor clothes until in their pram or buggy. Once in the shop or shopping centre remove plastic covers, blankets, hat and mittens.

Babies lose heat from their heads so keep hats off indoors and on outdoors if necessary. When returning home, and baby is asleep, risk waking baby up to take clothes off; don’t put him in bed or leave him asleep in his outdoor clothes.

In hot weather, protect your baby from the sun with a shade and sun hat. Babies’ skin burns very easily even when the sun doesn’t affect your own. In hot sun use a sunscreen cream or lotion. On becoming overheated baby may become red faced, start to sweat and become fractious, but some babies often sleep for long periods and may continue to get hotter and hotter.

Research has shown that the ideal TOG rating of a baby’s clothes and covering is about 10 – 12 TOGS when indoors. A TOG is a measurement of the heat properties of clothing and bedding.

STANDARD TOG VALUES USED TO QUANTIFY THE INSULATION ON SLEEPING BABIES

CLOTHING RATING TOG

Vest 0.2

Babygro 1.0

Winter dress or pyjamas 2.0

Jumper, trousers 2.0

Cardigan 2.0

Nappy (disposable) 2.0

Sleeping suit 4.0

Baby nest 4.0

Sheet 0.2

Old blanket 1.5

New blanket 2.0

Quilts manufacturer’s i.e. typically 9.0

**Maximum advisable 10 – 12 TOG**

If a blanket is doubled, so it the TOG rating

Duvets, quilts and cot bumpers are not recommended for babies under 1 year old.

Wrapping tightly or swaddling increases the TOG rating by 4. If you do this use a sheet not a blanket or a shawl.

If a baby’s head is up against a cot bumper it may hinder the normal loss of heat through the head and may become overheated.