



Keeping your child safe in the sun and heat



Sun safety

As temperatures soar this week, follow these tips to keep babies and young children happy and healthy in the heat:

- Babies less than 6 months old should be kept out of direct sunlight as their skin contains too little melanin, the pigment that gives skin, hair and eyes their colour, and provides some protection from the sun.
- Older babies should be kept out of the sun as much as possible, particularly between 11am and 3pm when the sun is at its strongest.
- Attach a parasol to your baby's pushchair to keep them out of direct sunlight if you do go out when it's hot.
- Apply SPF of at least 30 to your baby's skin to protect against UV rays and reapply every 2 hours.
- Make sure your child wears a sunhat with a wide brim or a long flap to protect their head and neck from the sun.
- Ensure babies and young children have plenty of liquids to drink to avoid becoming dehydrated.

More information on keeping young children safe in the heat is available on the NHS website [here](#)

Staying cool and protected from the sun

The Lullaby Trust are warning parents and caregivers to never cover the pram or buggy with a blanket or cloth as this can lead to overheating and increases the risk of SIDS. Instead, follow these tips to keep your child protected from the sun:

- When you're out and about in this hot weather it's important to keep your baby out of direct sunlight. Stay in the shade as much as possible, even if they are in their pram or under a canopy.
- Do not cover your pram with blankets or cloths as this could cause your baby to become too hot. Instead, use a parasol or shade to protect your baby from the sun, but make sure that air can circulate and you are still able to see your baby and monitor their temperature.
- If you're worried your baby is getting too hot, you can check their temperature by feeling their chest or back of their neck.
- Close the blinds or curtains during the day to stop the room your baby sleeps in from getting too hot.
- Put a fan in the bedroom to help circulate the air, but make sure it is out of reach and not pointed directly at your baby.
- Reduce layers; just a nappy with no bedding is fine in hot weather.
- Monitor the temperature with a room thermometer.



More information on keeping your baby safe in the heat is available from the Lullaby Trust [here](#).



Breastfeeding in hot weather

- Fully breastfed babies do not need water until they start eating solid foods.
- During hot weather they may want to breastfeed more than usual.
- Breastfeeding parents should keep well hydrated, mainly for their own wellbeing.

the Breastfeeding NETWORK

Tips from the Breastfeeding Network

With temperatures rising further across the UK this week, here's a handy graphic from the Breastfeeding Network.

If you're breastfeeding your little one in this heat, remember:

- In hot weather, your baby may want to feed more often or for longer than usual.

- If they're under 6 months and exclusively breastfed, there's no need to give any additional water - just feed on demand to keep them hydrated and make sure you're getting plenty of fluids yourself.
- Your body will generally continue producing enough milk for your baby's demand (except if you get extremely dehydrated), but keep on top of your water and ice lolly intake for your own wellbeing!
- Babies over 6 months who have started eating solid foods should be offered water in a cup with meals, and throughout the day in hot weather.

General safety tips for summer

- If you are using a battery operated portable fan, please ensure that the battery compartment is non-accessible to a child (look for a secure screw-back compartment). Be aware that some gadgets contain button batteries, which if accidentally ingested, can be life threatening! Check the product has a CE kitemark to ensure it has been tested for safety.
- Look for sunshades and parasols that have UV protection, this helps to protect babies and young children's skin from the sun's harmful rays.
- Water safety – children must be supervised by a responsible adult when using a paddling pool or other water vessel, as children can drown in as little as 2cm of water. Always ensure it is emptied and stored upside down immediately after use.
Warning: inflatables are not intended for use in the sea or other tidal waters and should only be used with adult supervision in a safe environment.
- Keep children well away from BBQ's and remember they stay hot for hours after use.
- Fit car sun shades to the rear windows of the car to protect babies and children from the sun.
- Secure open windows – babies, toddlers and young children can easily fall from an open window unless a window restrictor is fitted, which allows the window to open for ventilation while preventing accidental falls. Always keep furniture away from windows to reduce risk of climbing.



Useful links with further information

- <https://www.safeathomecip.org.uk/safety-advice/>
- <https://capt.org.uk/focus-on-summer-safety/>
- <https://www.rospa.com/home-safety/advice/accidents-to-children>