



WHAT SHOULD MY BABY WEAR AT NIGHT?

| | | | |
|---------|---|----|---|
| 27+ |  | OR |  |
| 24-27 |  | + | 0.5 TOG SLEEP BAG |
| 22-24 |  | + | 1 TOG SLEEP BAG |
| 20-22 |  | + | 1 TOG SLEEP BAG |
| 18 - 20 |  | + | 2.5 TOG SLEEP BAG |
| 16-18 |  | + | 2.5 TOG SLEEP BAG |
| 14-16 |  | + | 3.5 TOG SLEEP BAG |

the sleep sisters

Remember, every baby is different. The information above is a guide only – check on your baby regularly to make sure they aren't too hot or too cold.

HOW DO I KNOW IF MY BABY IS TOO HOT?

DAMP HAIR

FLUSHED CHEEKS

**SWEATY OR
CLAMMY SKIN**

PANTING



TO CHECK BABY'S TEMPERATURE PUT YOUR HAND ON THE SKIN ON THEIR CHEST OR THE BACK OF THEIR NECK. DON'T USE THEIR HANDS OR FEET AS A GUIDE - THEY WILL ALWAYS FEEL COOLER THAN THE REST OF THEIR BODY.

IF BABY FEELS HOT YOU WILL NEED TO REMOVE A LAYER.

DON'T DRESS YOUR BABY IN A HAT OR GLOVES FOR SLEEP.

DON'T USE A HOT WATER BOTTLE OR ELECTRICBLANKET IN YOUR BABY'S BED.

FOR SAFE SLEEP ADVICE WE RECCOMEND
WWW.LULLABYTRUST.ORG.UK

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