



Beat the heat

Hot weather can be dangerous for babies and young children.

There are simple ways to keep cool and stay hydrated in summer.

- Avoid being outdoors in the hottest part of the day as much as possible. If you have to go outside, seek shade or shelter. Never leave babies or children alone in the car.
- Keep your home cool by closing curtains and blinds to block out the sun and using air conditioning or fans.
- Limit physical activity to early in the morning when temperatures are lower.
- Offer breast or bottle-fed babies under 6 months more frequent feeds.
- For babies over 6 months, offer small amounts of water in between milk feeds and solids.
- For older children, offer water frequently to help them stay hydrated.

For more tips: health.nsw.gov.au/beattheheat

