

SUMMER SAFETY

What is summer safety?

Children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat.

Keep babies and children cool and protect them from the sun

- Babies less than 6 months should be kept out of direct sunlight. Their skin contains too little melanin, which is the pigment that gives skin, hair and eyes their colour and provides some protection from the sun.
- Older children should be kept out of the sun as much as possible, particularly in the summer and between 11am and 3pm, when the sun is at its strongest.
- Apply a sunscreen with a sun protection factor (SPF) of at least 30. Make sure the product protects against UVA and UVB rays. Apply the sun cream regularly, particularly if the child is in and out of water.
- Make sure children wear a sunhat with a wide brim or long flap at the back to protect their head and neck from the sun.
- Babies' prams and buggies should not be covered with blankets, cloths or any cover that prevents the air circulating. Covering a pram or buggy with a blanket could lead to overheating, which increases the chance of SIDS. Instead, attach a clip-on sunshade or parasol to a pram or buggy and keep checking if baby is getting too hot by feeling their chest or the back of their neck.

Making sure baby has enough fluids

When the weather is hot it is important to make sure that babies and young children drink plenty of fluids to avoid becoming dehydrated.

Room temperature

Keep the room where baby sleeps at a fairly cool temperature of 16-20°. This can be more difficult in summer months. If the room where the baby sleeps is difficult to cool use lighter bedding and clothing and open the bedroom door and a window, if it is safe to do so. Baby sleeping bags will have guidance on what tog to use for each season. You might also use a fan to cool the room, but don't aim it directly on the baby. A thermometer can help you to make sure the room is at the right temperature.

Quick tips for summer safety

- Avoid direct sunlight especially between 11am and 3pm
- Drink plenty of fluids to avoid dehydration
- Apply plenty of sun cream and wear a hat
- Playing in a paddling pool is a good way of keeping babies and children cool. Keep the pool in the shade during very hot weather and supervise the children carefully at all times
- Use a thermometer to monitor room temperature



For more information

[Baby summer safety](#)

[The Lullaby Trust](#)

[Keeping your baby safe in the sun](#)

[NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Looking after children and those in early years settings during heatwaves:](#)

[for teachers and professionals](#)

[GOV.UK \(www.gov.uk\)](http://www.gov.uk)

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