



Heat Tips for Infants and Children

- NEVER leave any child or baby in a car – even for a short time! Temperatures in a car can quickly become higher than 100°!!!!
- KEEP your house COOL with an air conditioner or fan. Cover the windows to keep the sun out.
- Healthy babies get all the water they need from breast milk or formula and do not need extra water, even in hot weather.
- Bottles of water or juice should not replace breast milk or formula. Babies 8-12 months old can be offered 4-8oz of water or 6oz juice per day from a cup. Children 1 year and older can be given 4-8oz cups of water between meals, when thirsty.
- Remember to throw out any formula that is out of the refrigerator for more than 1 hour, especially in the hot weather because it could make the baby sick.
- Infants should be dressed as you would be comfortable. In hot weather all baby needs is a diaper or at most a onesie or similar clothing. Infants do not need to be wrapped in a blanket or have a blanket over the car seat or carrier.
- Make sure all children and infants have plenty of SUNSCREEN on, SPF30 or more. A baby, under the age of 6 months, should not be in direct sunlight!
- Get your child to a doctor IMMEDIATELY if your child is nauseous or vomiting, has a headache, or acts confused. A cool bath with a damp washcloth can help to cool down a child who is overheated.