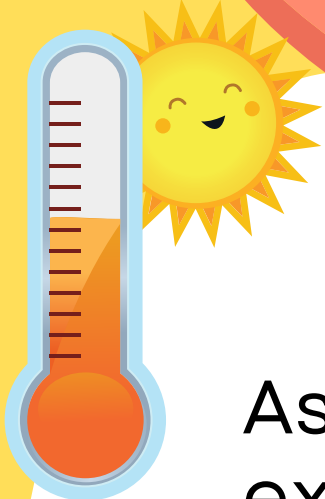
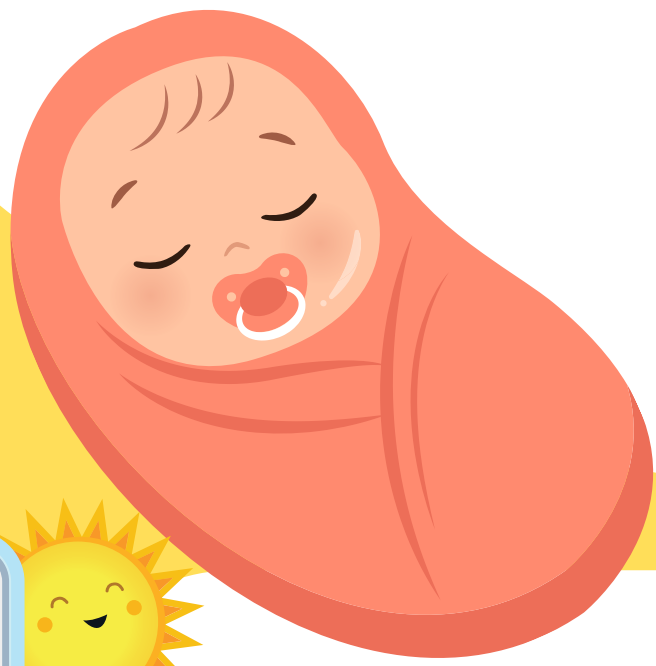


# KEEPING YOUR BABY WARM



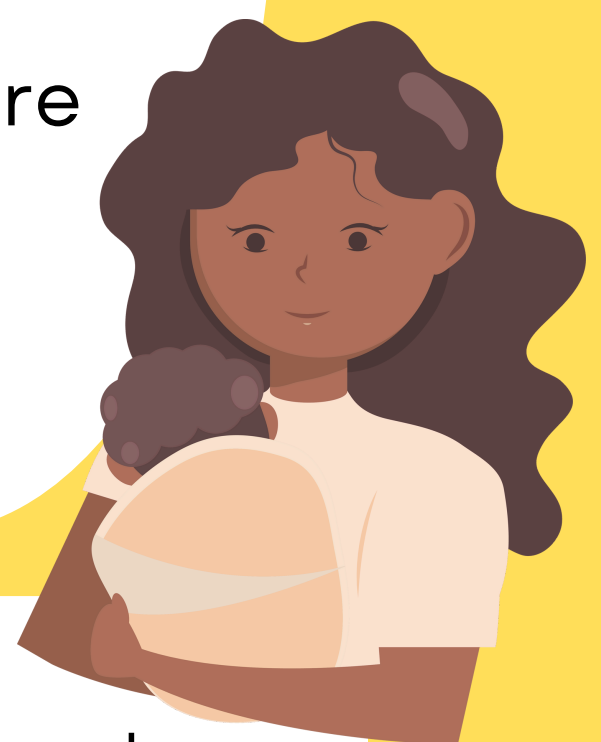
Scan to read in  
Welsh



## ♥ WHY IS IT IMPORTANT?

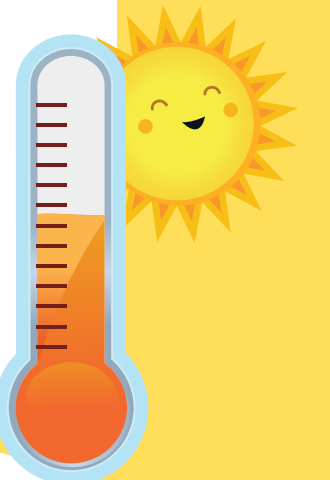
As soon as your baby leaves the womb they are exposed to a much colder environment. They can lose heat very rapidly and are at risk of their temperatures falling to a very low level (hypothermia). Babies regulate their temperature differently to adults, this is particularly true during summer months.

As parents you are a vital member of the team. There are many things you can do to help make sure your baby is kept warm.



## ♥ ON THE WARD

- Let a staff member know if you think the room is not warm enough.
- Keep windows closed and turn off fans. In the summer, ensure your baby is not directly in front of a fan or an open window.
- During skin to skin, cover your baby with a blanket and ensure there is direct skin contact at all times between you and your baby.
- Minimise the time your baby is unclothed when changing and warm clothes prior to dressing if able to do so.
- When in a cot ensure your baby has a blanket and they are wearing a hat.



## ♥ AT HOME

- You can check your baby's temperature by feeling their forehead, tummy or back of the neck. Keep room temperature between 16-20°.
- Your baby should feel slightly warm to touch. However, hands and feet can sometimes feel cooler.
- If your baby feels too warm, remove 1-2 layers. If they feel too cold try adding a layer and hold them skin to skin.
- Ensure bedding is appropriate for the time of year as per The Lullaby Trust advice.

! If you are concerned about your baby's temperature or think they are unwell, contact your midwife or local maternity unit. !