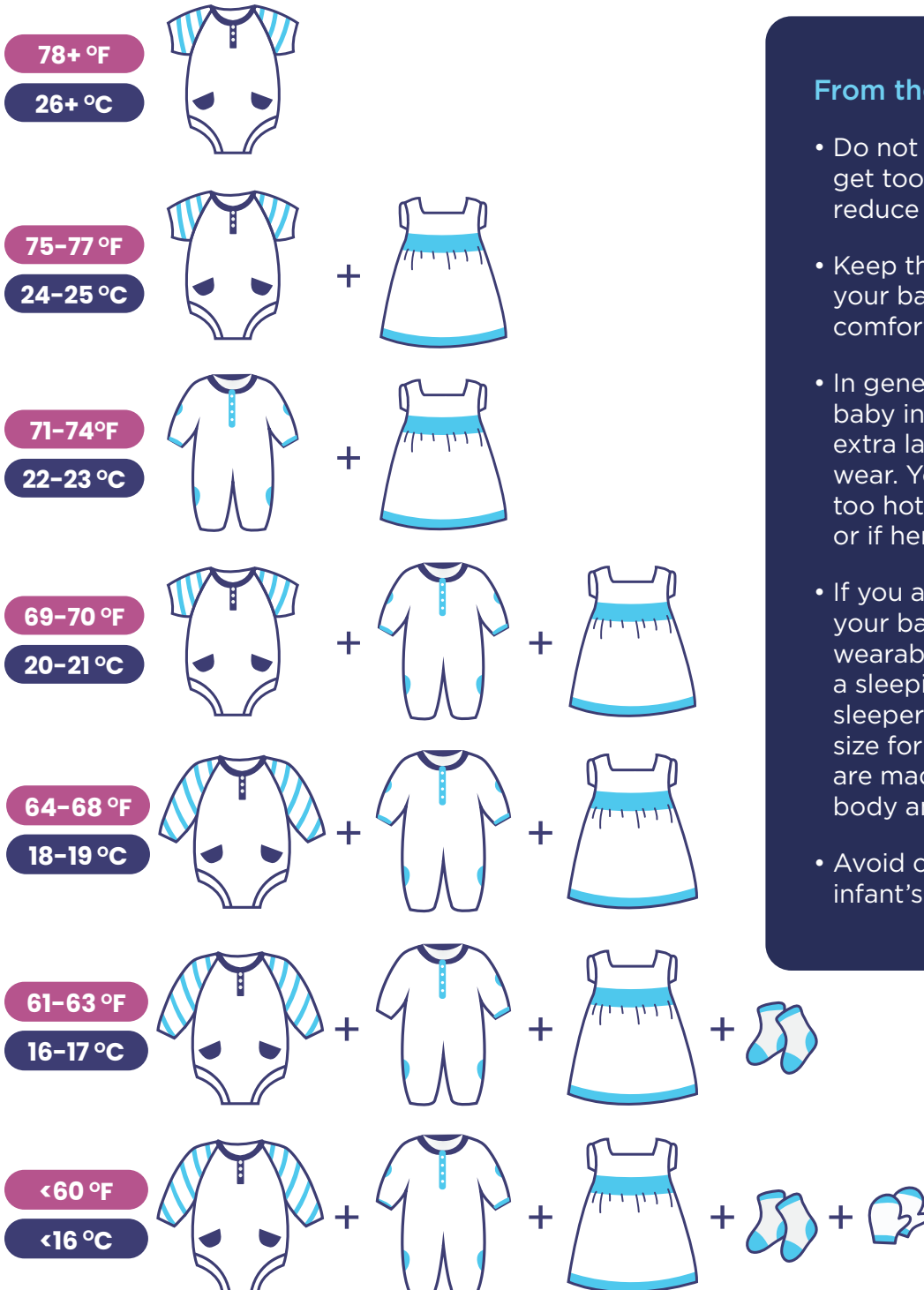


HOW TO

Best Dress Baby for Sleeping at Different Temperatures



From the AAP:

- Do not let your baby get too hot. This helps reduce the risk of SIDS.
- Keep the room where your baby sleep at a comfortable temperature.
- In general, dress your baby in no more than one extra layer than you would wear. Your baby may be too hot if she is sweating or if her chest feels hot.
- If you are worried that your baby is cold, use a wearable blanket, such as a sleeping sack or warm sleeper that is the right size for your baby. These are made to cover the body and not the head.
- Avoid covering the infant's head.

Source:
Adapted from *Safe Sleep and Your Baby: How Parents can Reduce the Risk of SIDS and Suffocation.* ©2011, American Academy of Pediatrics, Updated 10/2016