

# Keeping Baby Warm in Winter

## In the Home

- Dress your baby as you would dress yourself. If you are comfortable in pants and a light sweater, your baby will be too.
- During the day, (7a.m. to 11 p.m.) the temperature in your home should be at least 21°C.
- During the night (11 p.m. to 7 a.m.), the temperature in your home should be no lower than 18°C.

If you rent, ask your landlord to follow these recommendations. If your landlord does not comply, you can call the Residential Tenancies Branch at 204-945-2476 or toll free: 1-800-782-8403.

## In the Crib or Bassinet

- Place the crib or bassinet in the warmest room, away from windows, drafts and outside walls as well as radiators, heaters, fireplaces and woodstoves.
- Choose a flannel fitted sheet for your baby's crib.
- Dress baby in one-piece footed sleepers. For an extra layer, use a onesie or undershirt.
- Newborns, preemies and older babies may need a hat to stay warm if the room is cold.
- Hot water bottles or electric blankets should **not** be used.
- It is not safe for babies to be swaddled during sleep. If your baby falls asleep while swaddled, remove the swaddle.

## If baby is still cold and you want to use a blanket in a crib

Use a crib-sized blanket that is large enough to be firmly tucked in without coming loose, but small enough that it does not make the mattress uneven when tucked in.

- Lay baby on back with feet near the bottom of the crib.
- Place blanket so that it is no higher than baby's armpits.
- Tuck the blanket into the sides and bottom of the crib.



## Dress your baby for the weather

- In the winter, keep your baby warm by dressing him or her in layers that are easy to put on and remove.
- Mitts, socks, boots will help keep baby warm.
- Babies lose a lot of heat through their heads so a warm hat is important.
- If you are out with a stroller or a sled, remember that while the exercise can make you feel warm, your baby is just sitting and will feel the cold much more than you.
- When you go indoors prevent overheating by removing or at least unzipping baby's snowsuit and taking the hood or hat off.

If baby's skin is turning white, this is a sign of frostbite. Take baby indoors as soon as possible. Call Health Links - Info Santé at (204) 788-8200 or toll-free 1-888-315-9257 for information on what to do next.



## How to tell if your baby is cold

- Upper arms, thighs or ears feel cold to the touch. Cold hands and feet do not necessarily mean that the baby is cold.
- Baby is fussing and you are not sure why.
- Baby's skin is turning white or looks blotchy.

To warm baby, hold him or her closely - skin to skin is best. You may need to turn up the room temperature or dress baby in more layers of clothing.

## A word about car seats

Your baby needs to be dressed warmly in the winter. It is important that baby's snowsuit or other clothing doesn't interfere with the fit of the car seat. When buying a snowsuit choose one that isn't puffy or made from slippery material.

- When baby is in the car seat, only two fingers should fit between the straps and collarbone. The chest clip should be at armpit level.
- If you are using a blanket, make sure it is no higher than baby's armpits. Never place the blanket behind or under baby.
- Only use infant car seat covers briefly when taking baby outside. Remove the cover as soon as you are inside or in the vehicle.