

Chill Out With Your Baby This Summer (Infographic)

Chill Out With Your Baby



THIS SUMMER

1

TIMING IS EVERYTHING

Avoid going out and outdoor play during the hottest part of the day, between 11 am and 3 pm.



2

SHUN THE SUN

Dress your baby in loose cool clothing that covers most of her skin, ensure she wears a hat, and use a sunscreen with minimum 30+ SPF.



3

POOL PLAY

Set up a paddling pool on a shaded balcony, deck, or area of your yard, and enjoy some water play with your baby. Ensure the pool is emptied when you're done.



4

HEAD TO THE MALL

If the predictions are for an Aussie scorcher, plan a day at your local air conditioned shopping mall. Meet up with friends, watch a movie.....



STAYING COOL YOURSELF WILL GO A LONG WAY TO ENSURING YOUR BABY IS COMFORTABLE EVEN DURING THE HOTTEST DAYS.

WEAR COMFORTABLE CLOTHING THAT MAKES BREASTFEEDING EASY, AND ENSURE BOTH YOU AND YOUR BABY STAY WELL HYDRATED.



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