



UNDER WRAPS
Protect baby's sensitive skin from the sun's rays.

Red alert!
Never leave a child unattended in a car, especially during the summer months when they can overheat fast!

Be cool, baby!

How to ensure that the little in your life stays safe during the hottest time of year

Summer can be a wonderful time with your baby, but you need to be safety savvy to ensure the warmer months are stress-free. It's recommended that babies aged up to 12 months should be kept indoors ideally between the hours of 10am–2pm in summer (11am–3pm during daylight saving time) because a baby's skin is soft, sensitive and likely to burn easily.

Set a good example

Of course, it isn't always possible to stay home within these hours. So when you do go out, make sure your baby is wearing light, natural fibres such as cotton, a hat and even sunnies.

Anne Partridge, Director of Nursing for Tresillian Family Care Centres advises parents to lead by example. "Always wear a hat yourself and your children will be more likely to wear one too," she says. "And if your baby does get sunburnt, take her to the doctor."

It's best to avoid sunscreen on a baby's skin if he or she is younger than six months, or use one that has been especially formulated for babies, such as Banana Boat Baby Roll-on 30SPF. Make sure you always read the label.

Undercover tactics

In the car, fix a screen to the window to help filter the sun's glare and check that the metal clips and buckles on your baby's capsule aren't too hot before you strap her or him in.

If your bub is too hot, he or she may develop a heat rash, so check you're not overdressing your baby. "Look at what you are wearing and do the same for your baby," says Anne. On a hot night, a singlet or wrap is often enough. If a rash develops, cool the area with a damp wash cloth and remove some clothing. Also, keep your baby hydrated. If you are breastfeeding, this may just mean more feeds, but if your baby is on solids or taking a bottle, offer water.

Nifty nappies

Fed up with loading your trolley with different packs of nappies for day and night use? Sorbies clever Night and Day nappy packs include both night nappies for 12-hour protection and super-absorbent day nappies for frequent changes. Available in all regular sizes (except newborn), look for Sorbies Night and Day packs at Coles.



Funky toddler cups

A special cup with an easy-to-use spout or straw is a great help when you are weaning your baby from teat to cup.

The cup also needs to be easy for small fingers to grip. The ergonomic Nuby No Spill cups are designed to take little ones from the early stages of drinking to using a cup with a straw. You'll find a range of Nuby cups at Coles.



Change time perfection

Baby wipes are a nappy bag essential - not just at change time. Look for wipes that are alcohol-free and gentle on baby's tender skin. Coles branded Baby Wipes come in scented, unscented and ultra-sensitive varieties. The unscented and ultra-sensitive wipes have a hypo-allergenic formula that is dermatologically approved and pH-balanced.



Look for the handy travel pack and refillable tub.

Words: Katie Brown



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