



Warm Weather

As temperatures rise, it's crucial to keep your baby safe and comfortable during the hot summer months. Here are some essential tips to help protect your little one from the heat.

Hydration is key. Offer frequent feedings to keep your baby hydrated. Babies under six months usually get enough hydration from breast milk or formula. For babies over six months, small amounts of water between feedings can help maintain hydration.

Dress your baby appropriately. Choose lightweight, loose-fitting clothing made of natural fabrics like cotton, and use a wide-brimmed hat to shield their face, neck, and ears from the sun.

By following these tips, you can help your baby stay safe, comfortable, and healthy during the hot summer months.

Child Proofing

Now that your baby is on the move, exploring their environment, it's essential to baby-proof your home for their safety:

- Store medicines and cleaning products out of sight and reach of children by placing them up high. Install cabinet locks to prevent access into low cabinets.
- Set up baby gates and other safety equipment.
- Anchor all furniture to the wall to prevent tipping over.
- Cover electrical outlets with safety plugs to prevent little fingers from getting shocked.
- Use corner guards on sharp furniture edges to avoid injuries during those inevitable bumps and falls.
- Keep small objects and toys with small parts out of reach to prevent choking hazards.

