

TINY BITS (BETTER INFORMED TOGETHER) FOR FAMILIES WITH YOUNG CHILDREN

DAUPHIN COUNTY MH/A/DP
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Keeping your baby safe and cool in summer

During the hot summer months, it is important to know how to keep children safe. Spending time outside is okay, as long as your child is protected by sunscreen with adequate SPF, but proper hydration, clothing and rest periods are key to avoiding heat illnesses.

Heat exhaustion in children

Cases of heat stroke spike at the end of June and into July each year and continue through August.

Babies are not as effective at cooling their bodies as adults because they do not sweat as much as older children and adults do. Also, babies are not able to tell you if they are overheating and not feeling well. Take breaks from the heat every 15-30 minutes or sooner based on your child's response to the heat."

Heat stroke in a baby is rare but very dangerous. Allowing a baby or child to stay outside too long in hot weather, ride in a hot car or sit in a parked car – which should never occur – can cause his or her body temperature to rise quickly.

Since babies and very young children cannot tell you when they are uncomfortable, watch for unusual behaviors or concerning symptoms, such as:

- Restlessness
- Rapid breathing
- Lethargy
- Irritability
- Vomiting

Heat stroke is a medical emergency if your child has been outdoors, or in any hot environment, and shows symptoms of heat stroke, seek emergency medical treatment immediately. Take the following actions as soon as possible:

- Bring your child indoors or into the shade and undress him or her.
- Begin rapid cooling by immersing him or her in a bathtub of cold water.
- If a bathtub is not available, apply cold towels over much of the body replacing them frequently.
- Avoid pushing fluids unless your child is conscious and alert

Excerpt: [Keeping Your Baby Safe and Cool in Summer – Children's Health \(childrens.com\)](https://www.childrens.com/health/articles/keeping-your-baby-safe-and-cool-in-summer)

Excerpt: [Signs of Heat Exhaustion & Heat Stroke in Kids - Children's Health \(childrens.com\)](https://www.childrens.com/health/articles/signs-of-heat-exhaustion-and-heat-stroke-in-kids)

