

Points To Remember When Taking Your *Baby Outdoors*



During summers

Plan outdoor activities before 10 am and after 4 pm. It is not advised in the afternoon due to the scorching heat.

Avoid overdressing the baby. As a rule, babies must have only one extra layer of clothing.

Keep checking for signs of overheating. Some are extreme thirst, sweating, sudden fatigue, and lack of energy.

Use lightweight materials for dressing the baby.

During winters

Avoid taking the baby outside if the temperature is below -15°F or there are wind chills.

Dress the child in layers of warm clothing, including coats, hats, gloves, thick pants, boots, and mufflers.

The winter sun can be harsh, too. Use a canopied stroller for walks.

Keep your baby dry at all times.

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