

Don't Let Baby Get Too Warm

You want to be sure your baby is warm and comfortable. You may be concerned that your baby will be cold or get sick. You may have been told that baby needs many layers to stay warm.

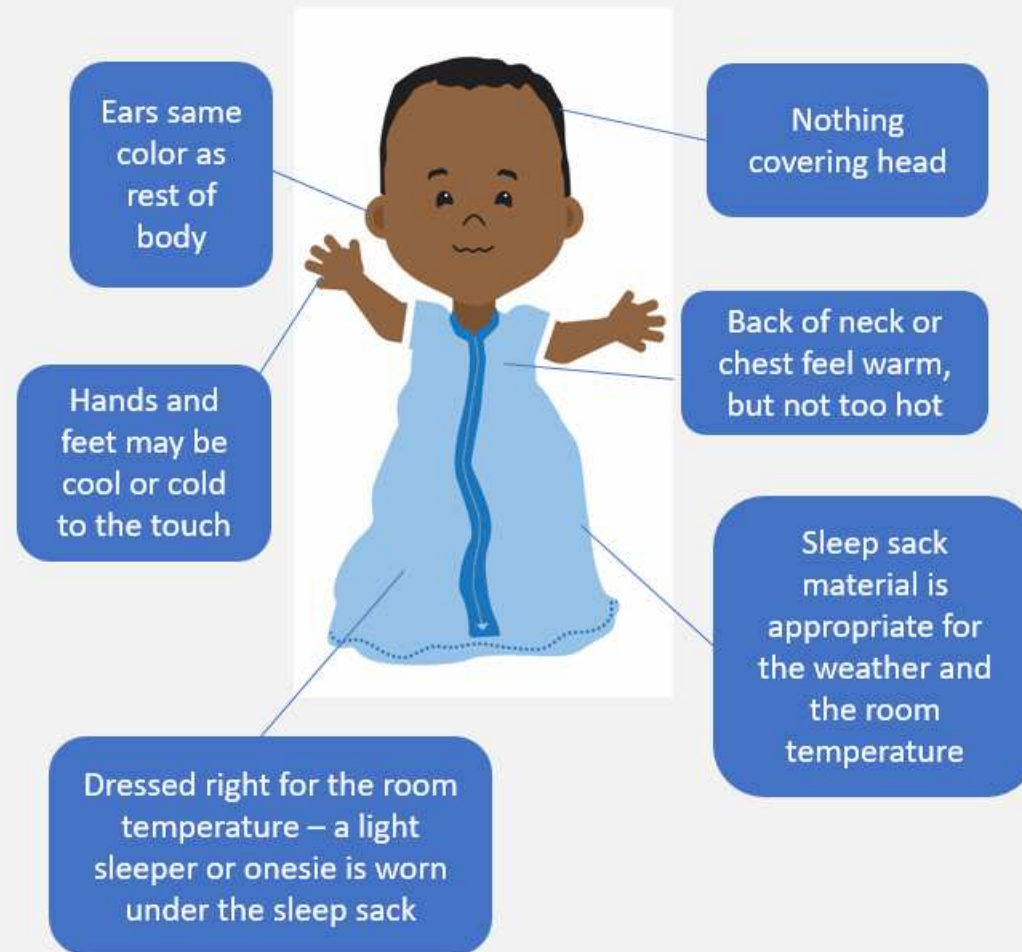
When caring for baby, make sure he isn't made too warm. Getting too warm or overheated can increase baby's risk of sleep-related infant death. Babies should be dressed for the space they are in. If you think your baby is cold, dress him or her in a footed sleeper with a sleep sack.

Signs that baby may be too warm:



If your baby is showing signs that he or she **may** be too warm, remove clothing/layers. If removing layers doesn't help, your baby may be sick. For questions or concerns about your baby, contact your pediatrician or health care provider.

Signs that baby is just right:



This information applies to healthy, full-term infants. For specific questions about your baby, ask your pediatrician or health care provider.