



Off We Go

When can I take my baby outside?

If the temperature inside and outside is similar, you and your baby can enjoy being outdoors as soon as you are ready.

If your baby was born full-term, your baby will be able to handle brief times outdoors if dressed properly.

If your baby was born premature or weighs less than 8 pounds (3.6 kg) – your baby may not be ready to handle extreme changes in temperature for at least a month.

How should I dress my baby?

As a general guideline, dress or cover your baby as you would dress yourself; then add one more layer.

If your baby's hands and feet feel cold to touch – dress your baby more warmly.

If your baby is hot and sweaty to touch – they may need less clothing.

If your baby was born before your due date and/or weighs under 8 pounds (3.6 kg), they will have less insulating fat. In this case, you can dress your baby a little more warmly.

Your baby and the sun

Keep your baby under one year of age out of direct sunlight.

Over one year, limit the time you spend in the sun between 11 a.m. and 4 p.m.

Look for shaded areas to do outdoor activities (trees, umbrellas, awnings).

Use a hat with a wide brim or a flap that covers the ears and the back of the neck.

UV protective sunglasses are as important for children as they are for adults.

Cover up baby's vulnerable skin with clothing to protect as much skin as possible. Lycra or polyester protect better than cotton.

*Sunscreen should **NOT** be used on babies younger than 6 months of age. After 6 months of age, you can apply a broad spectrum sunscreen with SPF 30 or higher, 20 minutes before going outside. Reapply every 3 hours and right after swimming or sweating. But sunscreen should be considered the last protective behaviour. Covering up, avoiding midday UV rays and seeking shade should be the first lines of defence!*

How warm should the house be?

Not necessarily warmer, but at a more constant temperature. During the first few weeks of your baby's life, they are not able to adjust to big changes in temperature. That is why it is important to keep the temperature of your home steady.

Generally, a baby that is full-term and weighs more than 8 pounds (3.6 kg) will feel comfortable in the same environment that you would be comfortable.