



- ★ Keep them hydrated as much as possible. Offer a drink of water every now and again.
- ★ If you have an infant/toddler, dress them in a t-shirt only, ditch the vest on hot days.
- ★ Anything above 18 degrees, shorts only please.
- ★ Dress them in sandals, their feet will thank you.
- ★ If you have a school child, let them wear their uniform shorts rather than the trousers.
- ★ Offer snacks. Maybe it's just me but personally I don't like eating a big meal when it's too warm. Fruit is very refreshing ie. melon, strawberries etc.
- ★ Apply sun cream every 90 minutes if your child is exposed to sun. (*apply 30 minutes before heading out*)
- ★ Always wear a sun hat when outside.
- ★ Avoid time outside between 11am and 3pm when the sun is the strongest.
- ★ Stay in the shade if possible. If you are in the garden, get the parasol out and cover the area your child plays in.
- ★ Keep curtains closed during the day to avoid direct sun light into the room which will heat up the room.
- ★ Sleep with the window open. It gets cooler at night.
- ★ If your child gets sweaty very quickly, run a cool bath before bedtime.
- ★ At bed time, put on shorts and a vest only.
- ★ Never ever leave your child in the car! Even if it's just one minute. The car heats up so quickly.