

# Carrying in the heat

Keep both of you well hydrated. Grumpy babies or irritable children may be dehydrated.

Heat and drowsiness can affect baby's breathing. Reduce layers and use lighter/thinner slings.

Protect exposed areas from sun and wind: use suncream and seek out shade. Some carriers have inbuilt UV protection.

Consider cooling aids (fans, cool cloths, shade). Hip and back carries are cooler.

Take a break if you both feel too hot.

Consider other means of transport. Do not drape thick cloths over buggies (this increases the temperature).



Read more at [www.carryingmatters.co.uk/heat](http://www.carryingmatters.co.uk/heat)

