

Maintaining Baby Room Temperature During Heat Waves

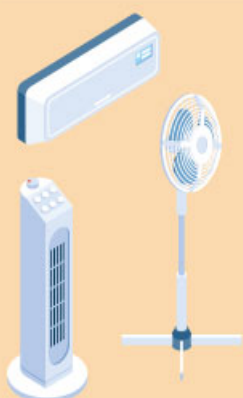


Place sunshades on window screens

Keep the windows closed during the day



Point the ceiling or air conditioner (AC) fan away from the baby to avoid discomfort



Turn on the AC in the baby's room before bedtime



Use cotton bed sheets

Prefer putting them to sleep in a downstairs bedroom



Place a damp cloth over a table fan to cool the room before bedtime



Watch out for signs of overheating in the baby

