

Clothing

Wondering how many clothes or blankets your baby needs? In most cases, dress him as you would dress yourself. Then see if you notice any signs that he's uncomfortable.

If he's too hot, he may be sleepy, sweaty or get a rash. If he's too cold, he'll probably fuss.

Remember that babies lose a lot of heat through their heads. In cool weather, give him a hat. In warm weather, use one with a wide brim that keeps the sun off him. When you're indoors, a hat isn't needed.



DANGER

Getting overheated puts your baby at higher risk of Sleep-Related Infant Death (see [Sleep](#)).



DID YOU KNOW

Cold hands and feet don't necessarily mean your baby is cold. Check his upper arms and thighs instead. If you're wondering if he's too warm, check if the back of his neck is sweaty.

