

Keeping cool: Use the QR Codes for more info.





heatwave



- Suncream should be a minimum SPF 30 and protect from UVA & UVB rays.
- Sit in the shade wherever possible.
- **NEVER** cover a pram or buggy with a blanket as this can increase the temperature dramatically.
- Give them a cool (**not cold**) bath before bed-time
- Keep bedroom blinds / curtains closed in the day to keep rooms cool.
- Use a fan if you can.
- Keep nightclothes and covers to a minimum. Make sure any covers can't become a safe sleep hazard.
- Ideal room temperature should be between 16c–20c.

Hacks to keep rooms cool:

- If you have to use the oven, make the most of it. Add in some jacket potatoes & other items that can be reheated in the microwave for future meals. This will also save you money 😊
- Turn off any light & appliances you don't need, you'd be surprised how much heat they can generate. 
- Use a **COLD** water bottle (could literally be an old 2 litre pop bottle). Fill with tap water and freeze (remember the water will expand when frozen so leave a gap) Keep at the foot of the bed. It may get a little damp but no more than sweaty sheets!!! 😂
- You can also do the above and place 2-3 of the bottles in front of a fan. Refreeze in the morning & reuse when needed. 



**KEEP
CALM
AND
COOL
DOWN**

Clever & creative ways to stay cool this summer.

Healthy Homemade ice lollies

What can I use if I don't have moulds?

- Plastic cups
- Plastic shot glasses
- Ice cube trays
- Silicone muffins tray
- Yoghurt pots



What can I use as a stick?

- Lolly sticks
- Firm straws
- Plastic cutlery
- Metal teaspoon



What can I make lollies out of?

Fresh fruit juice :

(1:10 parts juice to water for babies)



Fresh Fruit Lollies:

- You can simply slice up some fruit and mix with water or fruit juice.



OR

- Mix watery fruits in a blender with a little water, you can mix them or do them separately. You could even layer them!!



Ideal fruits:

Melon (beware of pips in Watermelon!) Strawberries
Kiwi Raspberries Mango Blueberries Peach
You want an ice cream ?...add yoghurt!!



Keep it simple?

