

Top Summer Safety Tips for going on holiday with a baby

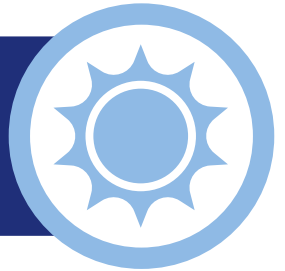
TIP
1

When flying with a baby, take a spare set of clothes for everyone and something warm (e.g. a blanket) as planes can be cold or chilly. Also take paracetamol sachets with you in case the flight hurts your baby's ears.



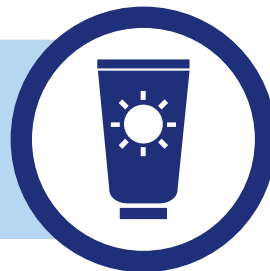
TIP
2

Sunscreen should not be used on babies under 6 months -keep them out of direct sunlight.



TIP
3

No sunscreen is waterproof - always re-apply after swimming or if sweating. Sunscreen does go out of date, so buy fresh when you need it and use maximum UVA & UVB protection.



TIP
4

Choose wide-brimmed sun hats to cover your baby's neck and ears.



TIP
5

Dress your baby in clothing with a UPF of 50 which will block 98% of UV radiation.



TIP
6

Don't cover your pram with a blanket to block out sunlight as this can trap warm air within the buggy, increasing the temperature. Instead, use a UV protective pram cover that allows air to circulate.



TIP
7

If a baby is sunburned, cool the burn under a tepid shower and always seek medical advice.



TIP
8

Ensure your child is safe around water - drowning can happen quickly and silently in as little as 2 cm of water.



TIP
9

Always have water and snacks to hand so babies over 6 months stay well fed and hydrated.



TIP
10

Take toilet roll, tissues, and hand sanitizer with you plus a compact First Aid kit.



BONUS TIP: Do a first aid course to know how to help in a medical emergency.

References:

1. NHS. About paracetamol for children. Available at: <https://www.nhs.uk/medicines/paracetamol-for-children/about-paracetamol-for-children/>
2. NHS. Sunscreen and sun safety. Available at: <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>
3. Skincancer.org. Sun protective clothing. Available at: <https://www.skincancer.org/skin-cancer-prevention/sun-protection/sun-protective-clothing/>
4. NHS. Drinks and cups for babies and young children. Available at: <https://www.nhs.uk/conditions/baby/weaning-and-feeding/drinks-and-cups-for-babies-and-young-children/>
5. ROSPA. Taking children swimming. Available at: <https://www.rospa.com/leisure-water-safety/water/advice/taking-children-swimming>
6. Sarah A. Denny et al., 2019. Prevention of drowning. Available at: <https://publications.aap.org/pediatrics/article/143/5/e20190850/37134/Prevention-of-Drowning>

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