



Cold weather messages for carers of young children

- Put several layers of clothing on children; make sure their head, neck and hands are covered. If they then get warm, they can take one layer off at a time. Dress babies and young children in one more layer than an adult would wear ([Save the Children](#)).
- In drier winter air children lose more water through their breath. Keep them drinking and try giving them warm drinks and soup for extra appeal. ([Save the Children](#))
- Make sure children are wearing footwear with a good grip to reduce the risk of slipping and falling on icy pavements and take your time when walking!
- Due to darker mornings and evenings, it is recommended that children wear or carry something to make them more visible when making journeys. This should be something bright or fluorescent during the day and something reflective at dusk and in the dark ([Department for Transport](#)).
- Children with flu have the same symptoms as adults – including fever, chills, aching muscles, headache, stuffy nose, dry cough and a sore throat lasting up to a week. Flu can be a very unpleasant illness for children with potentially serious complications, including bronchitis and pneumonia. The flu vaccine is routinely given on the NHS as an annual nasal spray to children aged two, three and four years old plus children in school years one, two and three ([NHS Choices](#)).

- Safe Sleeping: Existing recommendation to reduce sudden infant death syndrome (SIDS) recommends that rooms in which infants sleep should be heated to between 16 to 20°C (61 to 68F) ([Lullaby Trust](#)).
- Frostbite: signs of frostbite are pale, grey or blistered skin on the fingers, ears, nose, and toes. If you think a child might have frostbite bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think a child has hypothermia please call 999 immediately ([Save the Children](#)).