



MANCHESTER
CITY COUNCIL



How to keep your baby safe and warm this winter

Winter is a time when you may worry about keeping your baby warm enough, especially with the rising cost of living.

For winter warmth advice for your baby visit:
manchester.gov.uk/babywinterwarmthadvice
or scan the QR code below:



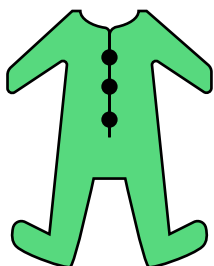
16 to 20° C



Ideal room temperature is
16-20 degrees centigrade.

**But what should you do if your room is colder than
16 degrees centigrade?**

Dress baby in...



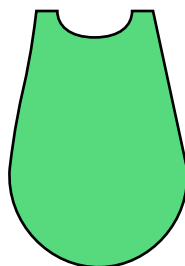
Long Sleeved
Babygrow



Long Sleeved
Vest



Cardigan



Sleeping
Bag



**Don't use sleeping bags and blankets
together.** Use breathable cellular
blankets rather than fleecy ones if
you choose not to use a sleeping bag.



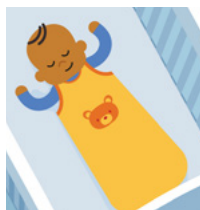
No hats inside!



It's normal for your baby's hands and feet to feel cool. Check the back of their neck or chest to see how warm they feel. If they feel clammy remove a layer of clothing.



Keep moses baskets and cots away from radiators/electric heaters. Don't use hot water bottles or weighted blankets.



The safest place for babies to sleep is on a firm, flat waterproof mattress in a clear cot or moses basket, flat on their backs.

Research shows babies are better to be cooler rather than too warm.



Remember, babies should always be in smoke free rooms.



Want help with:

- Benefits or rent
- Advice about debt or bills
- Food support
- Staying warm and well.



Call Manchester's free cost of living advice line on 0800 023 2692 or text 07860 022 876. Lines are open Monday to Friday 9am-4.30pm.

manchester.gov.uk/helpinghands



Warm welcome spaces

Manchester has warm welcome spaces to go for a hot drink, a chat and a warm through this winter, these include your local library.

Libraries have free Wifi and data sims available to help you get online.

Find one near you: warmwelcome.uk

manchester.gov.uk/helpinghands

Call: 0800 023 2692
or text: 07860 022 876.

