

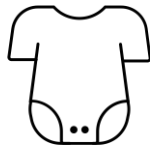
# Baby Dressing Guide

## FOR ALL SEASONS

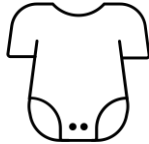
FROM THE AAP



**78+°F**  
**26+°C**



**75-77+°F**  
**24-25+°C**



+



OR



**71-74+°F**  
**22-23+°C**



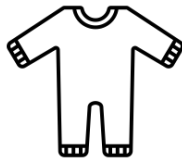
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OR



**69-70+°F**  
**20-21+°C**



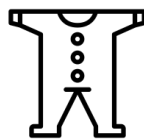
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OR



**64-68+°F**  
**18-19+°C**



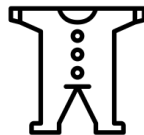
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OR



**61-63+°F**  
**26+°C**



+



+



**<60+°F**  
**<16+°C**



+



+



+



AVOID BABY GETTING TOO HOT TO REDUCE THE RISK OF SIDS

KEEP THE BABY'S ROOM A COMFORTABLE TEMP

ADD +1 LAYER FROM WHAT YOU ARE WEARING

USE A WEARABLE BLANKET IF THE YOU WORRY BABY IS COLD

AVOID COVERING THE HEAD

BACK IS BEST

NOTHING IN THE CRIB BUT A BABY

*Recommendations for babies  
0-12 months of age.*

\*AAP stands for the America Academy of Pediatrics®



Restored  
SLEEP CONSULTING