



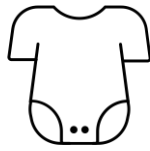
BABY DRESSING GUIDE

FOR ALL SEASONS

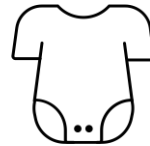
FROM THE AAP



78+°F
26+°C



75-77+°F
24-25+°C



+



OR



71-74+°F
22-23+°C



+



OR



69-70+°F
20-21+°C



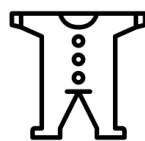
+



OR



64-68+°F
18-19+°C



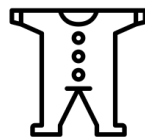
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OR



61-63+°F
26+°C



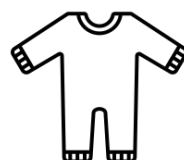
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+



<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 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