



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](https://manchester.gov.uk/babywinterwarmthadvice)  
or scan the QR code below:



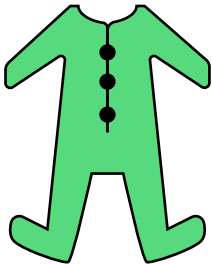
**16 to 20° C**



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...



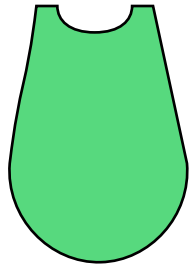
Long Sleeved  
Babygrow



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](https://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](https://warmwelcome.uk)

[manchester.gov.uk/helpinghands](https://manchester.gov.uk/helpinghands)

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