

# Clothing

Wondering how many clothes or blankets your baby needs? In most cases, dress your baby as you would dress yourself. Then see if you notice any signs that they're uncomfortable.

If your baby is too hot, they may be sleepy, sweaty or get a rash. If they're too cold, they'll probably fuss.

Remember that babies lose a lot of heat through their heads. In cool weather, give your baby a hat. In warm weather, use one with a wide brim that keeps the sun off them. When you're indoors, a hat isn't needed.



### DANGER

Getting overheated puts your baby at higher risk of Sleep-Related Infant Death (see [Sleep](#)).



### DID YOU KNOW?

Cold hands and feet don't necessarily mean your baby is cold. Check your baby's upper arms and thighs instead. If you're wondering if they're too warm, check if the back of their neck is sweaty.

