

Keeping Warm

- Use thin, easy-to-remove layers - Babies do not need to be wrapped up in thick heavy layers.
- Babies can't control their own body temperature, check baby's chest/back to see if they're too hot or cold.
- No thick coats in car seats or indoors.
- Hats and mittens only for outside.
- If you have a baby carrier, this can be a great way for you and your baby to share body heat. For more information go to: babyslingsafety.co.uk/ticks.pdf
- Do not put babies next to a radiator or fire/open fire
- Close curtains at night to keep heat in.

Need Help?

Westmorland and Furness Family Hub

Kendal Family Hubs Tel: 01539 713070

Email: slakesfamilyhubs@westmorlandandfurness.gov.uk

Referrals: referralsouthlakesfamilyhub@westmorlandandfurness.gov.uk

westmorlandandfurness.gov.uk

Barrow Family Hubs Tel: 01229 407384

Email: barrowfamilyhubs@westmorlandandfurness.gov.uk

Referrals: ReferralsBarrowFamilyHub@westmorlandandfurness.gov.uk

Eden Family Hubs Tel: 01768 899901

Email: edenfamilyhubs@westmorlandandfurness.gov.uk

Referrals: ReferralsEdenFamilyHub@westmorlandandfurness.gov.uk

Website: wandffamilyhubs.org.uk

Health Visiting (HDFT)

Website: [Growing Healthy 0-19 Westmorland & Furness | HDFT Childrens Health Service](https://growinghealthy0-19.westmorlandandfurness.gov.uk)

Anya App

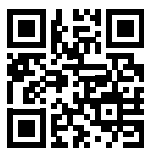
24/7 Breastfeeding & Parenting Support in Westmorland & Furness

Scan the QR code to download the app.

Sign up and enter your Westmorland and Furness postcode for FREE premium access to Anya



Google Play App Store



Winter Readiness Advice for Families with Babies



Winter Tips for Families with Babies

Home Safety

Check you have smoke and carbon monoxide alarms.

- If you use a fire or stove, make sure chimneys/flues are clean.
- Keep candles away from children and soft furnishings.
- Never pour hot water for bottles in the dark. Don't use hot water bottles for children under 4.

Cumbria Fire and Rescue Service www.cumbriafire.gov.uk/safety-home

Safe Sleep

- Babies should be cooler rather than too warm.
- Use light blankets, not thick or padded ones.
- Baby sleeps safest on their back in a clear cot or Moses basket.
- If you share a bed:
 - Baby on a firm, flat mattress, no pillows or duvets nearby.
 - No pets or other children in bed.
 - Never leave baby alone in an adult bed.
- Never sleep with baby on a sofa or armchair.
- Avoid bed-sharing if baby was premature, low birthweight, or if you smoke, drink alcohol, or take drugs/medication that makes you drowsy.

More info:

www.lullabytrust.org.uk

wandffamilyhelp.org.uk/babys-sleep

[Growing Healthy 0-19 Westmorland & Furness | HDFT Childrens Health Service](#)

[24/7 Breastfeeding & Parenting Support in Westmorland & Furness](#)



Feeding Your Baby in Winter

Times are tough for many families. Here are some practical tips to keep you and your baby safe and well.



- Look after yourself too. If you're struggling to feed yourself or your family, speak to your Health Visitor, Midwife, GP, Nursery, or Family Hub—they can help.
- Breastfeeding
- Breastfeeding is free, needs no equipment, and gives your baby everything they need, plus protection against winter bugs.
- If you'd like support, contact your Midwife, Health Visitor, or Family Hub.
- Formula Feeding
- All first-stage formulas have the same nutrition—the cheapest is just as good as the most expensive.
- Use the correct number of scoops shown on the box. Using less can harm your baby.
- Always make feeds with boiled water to kill bacteria. Don't use cold or warm tap water.
- Sterilise bottles every time and throw away leftover milk after a feed.
- You can sterilise using cold water and tablets or other methods: www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/sterilising-baby-bottles/.

More info:

[Growing Healthy 0-19 Westmorland & Furness | HDFT Childrens Health Service](#)

[Feeding and weaning | Westmorland and Furness Council](#)

[24/7 Breastfeeding & Parenting Support in Westmorland & Furness](#)

Healthy Start Scheme

Free vitamins and money for milk, fruit, and veg if you receive certain benefits. Apply at www.healthystart.nhs.uk.

