

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



+



OR



61-63+°F
16+°C



+



+



<60+
°F
<16+
°C



+



+



+



AVOID BABY GETTING TOO HOT TO REDUCE THE RISK OF SIDS

KEEP THE BABIES 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.