Thermal underwear

What to check when buying it and dressing for a walk

The main thing: a snug fit, straight on the skin with no cotton underneath, wool for frost, synthetics for active play, not needed at home or for sleep.



CHILD'S HEIGHT, CM _____ SIZE _____ FABRIC _____

When

- [ ] Active winter walks
- [ ] Not for a baby in a pram
- [ ] Not at home, not for sleep
- [ ] Especially under a membrane

Fit

- [ ] Snug, not tight
- [ ] Not to grow into
- [ ] Flat seams, no labels
- [ ] Longer back, cuffs
- [ ] Tried on with fleece and snowsuit

Fabric

- [ ] Merino for frost
- [ ] Synthetics for active play
- [ ] Cotton for calm walks
- [ ] A blend if wool is scratchy

Strolling

- [ ] Thin layers
- [ ] Hands and feet warm
- [ ] Back dry
- [ ] Wet clothes off at once
- [ ] Wash at 30 °C, no softener

Notes

- [ ] _____
- [ ] _____
- [ ] _____

Advice from the AAP and the Canadian Paediatric Society. Check the fabric and care of the model on its label.

The full article: **babyrabby.shop/en/blog/dytyacha-termobilyzna/**

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