A winter walk

What to dress your baby in and what to check

The key point: your baby wears one more layer than you, and indoors the hat and outer layer come off at once.



BABY'S HEIGHT _____

SNOWSUIT SIZE _____

TODAY'S WEATHER _____

Layers

- [ ] Long-sleeve bodysuit
- [ ] Sleepsuit, or leggings and a top
- [ ] Warm layer in frost
- [ ] Snowsuit or bunting bag
- [ ] Hat
- [ ] Mittens
- [ ] Warm socks or booties

Before you go out

- [ ] No scarf, a neck warmer instead
- [ ] No strings around the neck
- [ ] Mittens on clips
- [ ] Stroller blanket
- [ ] Wind and snow cover

Outside

- [ ] Warmth on the chest or back of the neck
- [ ] Sweaty: take off a layer
- [ ] Cool chest: add a layer or go home
- [ ] Short in hard frost and wind
- [ ] Change wet clothes at once

Indoors

- [ ] Hat off at once
- [ ] Unzip or take off the snowsuit
- [ ] In the car seat, warm layer over the straps
- [ ] Sleep in a sleeping bag, no hat

Your own items

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