

Keeping Warm in Winter

- Babies don't need to be cocooned in thick heavy layers.
- Babies can't control their own body temperature so keep regular skin touch of the chest or back area'
- Use thinner layers that are easy to take on and off
- Use a hat and mittens when outside
- If you have a baby carrier this can be a great way for you and your baby to share body heat
- Remove coats, snow suits when inside, travelling in a car seat, or on a bus / Train
- Close your curtains / blinds when it gets dark to keep heat in the room

There are over 140 Warm Spots in Cumbria. A Warm Spot offers a warm, welcoming space for people to visit this winter if they need it. You can find your nearest warm spot here new.cumbria.gov.uk/warm-spots



Home Safety

- Make sure your home has carbon monoxide and smoke detectors
- If using an open flame heat source make sure your chimney / flue is cleaned & clear
- Keep candles away from furniture, curtains and children
- Don't pour hot water for bottles or hot water bottles in the dark (do not use a hot water bottle for children under the age of 4years)

Other ways to get help

Cumbria County Council	www.cumbria.gov.uk/costofliving/default.asp
	www.cumbria.gov.uk/publichealth/default.asp
	cumbria.gov.uk/cumbriafire/services/safetyathome/default.asp
Lullaby Trust	lullabytrust.org.uk
Healthy Start	healthystart.nhs.uk
NHS	nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/advice/
Baby Friendly Initiative	unicef.org/babyfriendly/wp-Content/uploads/sites/2/2017/11/Breastfeeding-guidance-English-for-reference.pdf
NHS - Keep Warm, Keep Well	www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/
Which?	www.which.co.uk/news/article/7-things-you-should-never-do-to-keep-your-baby-warm-this-winter-acLd96E2zdbn



Cumbria Winter advice for Families with Babies



Winter 2022



Feeding your baby in Winter

Times are really hard at the moment. Families are struggling to be able to afford to be warm & fed. This leaflet gives some practical support for feeding and keeping your baby safe this winter.

- Keep a blanket close by at home to wrap around your shoulders when feeding but be careful not to cover your babies face
- Make sure you are fed. If you are struggling to feed yourself & your family please speak to your Health Visitor, Midwife, GP, Nursery & your local Children & Families Support Service who can help with foodbank vouchers

If you are choosing to use formula:

- All first stage milks have the same nutritional value, the cheapest have the same as the most expensive. You don't have to be brand loyal. Babies don't need unnecessary milks e.g follow on, comfort etc, they may cause harm and cost more.
- Use the right amount of formula that is shown on the box. Using less scoops can be harmful for your baby. Watered down formula can cause serious health problems such as tummy upsets or even fits
- You also need to make sure that any bacteria is killed by making up the feed with boiled water that is allowed to cool. Don't use cold water or warm water straight from the tap
- Once the formula is made up bacteria can start to grow after a few hours so don't skip the sterilising bottles part and throw any remaining milk from the feed away after 2 hours
- You can sterilise your bottles and teats using cold water if you use the correct sterilising tablets. These are available from supermarkets & pharmacies. Follow the instructions on the packet
- <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2022/10/Bottle-feeding-leaflet.pdf>

If you are choosing to breastfeed;

- Breastfeeding is the biological normal way to feed your baby. It is free, requires no equipment, has all that your baby needs and helps protect against winter bugs.
- If you require support with breastfeeding, re lactation or optimising breastfeeding – please contact your Midwife or Health Visitor. Or visit <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2022/10/Breastfeeding-leaflet.pdf>

If you are unable to afford to formula feed your baby please contact the services below who will help you access an emergency provision of formula.

Child and Family Support Service

Find us on Facebook as well

- Family action: Carlisle - **01228 223417**, Allerdale - **01900 66946**, Copeland (including Millom) – **01946 64600**, Barrow - **01229 821855**
- Barnardos, Eden - **01768 899901**
- Action for Children, South Lakes - **01539 734456**

Health Visiting

You can find your Health Visitor's contact details in your baby's red book.

If you would like extra support for infant feeding – email - infantfeedingcumbria@nhs.net

Ways to access food

You may be eligible for the Healthy Start scheme if you are receipt of certain benefits. It takes 3-5 days to receive your card after applying and can be used towards the cost of formula, fruit & vegetables. www.healthystart.nhs.uk

Food banks will supply of food for families that have been referred or given a voucher by their GP, Midwife, Health Visitor, School, Nursery or children & families Support Service. A food pantry is based in a geographical are and serves the people of that location. They are usually a membership scheme but do not require a referral.

Cumbria County Council contact: www.cumbria.gov.uk/costofliving/foodsupport.asp
Support Helpline on **0800 783 1966** (Monday to Thursday 9am to 5pm, Friday 9am to 4.30pm).

Safe Sleep in Winter

It can be tempting to wrap your baby up to keep them warm, we know that overheating a baby increases the chances of Sudden Infant Death Syndrome.

- Babies are better to be cooler rather than overheated.
- The safest place for a baby to sleep is in their own clear separate space, such as a Moses basket or crib
- Use layers of thinner blankets
- Sheets and blankets should be tucked in firmly, not above shoulder height
- Babies should have their feet at the bottom of the crib
- Bed sharing is not recommended but if you choose to, use a baby sleeping bag and don't add your blankets or other coverings over the baby
- Make sure your baby can't get trapped down the side of the bed
- You should not sleep with your baby on a chair or sofa

You should not co sleep if:

- Either partner smokes
- Either partner has drunk alcohol or taken drugs, prescribed or not
- Your baby was premature

Remember you may have a good sleeping space for your baby but if you change their place of sleep you should consider the above.

