

Dressing Baby:

The Essential Guide to Dressing Your Little One for All Seasons and Sleeps



Silver Moon Sleep Consulting



Table of Contents

1

Clothing for Sunny Days of Summer

2

Spring and Fall: The Transition Seasons

3

Dressing for a Winter Wonderland

4

How to Tell: Is Baby too Cold/Hot?

5

Dressing Baby for Sleep



Clothing for Sunny Days of Summer

For warm weather, opt for lightweight, breathable fabrics to prevent overheating. Cotton and muslin are excellent choices. A simple onesie or romper, paired with shorts or breathable leggings are ideal. Be sure to bring along a wide-brimmed sun hat to shield their neck and face for extra UV protection.

Look for a hat with a chin strap to prevent baby from pulling off their hat over... and over.. and over (you can thank me later!).

Keep your baby in the shade as much as possible, not only to avoid the sun, but also to help keep their body temperature regulated.

Safety Tip: *Never drape a blanket over the stroller to block the sun. This creates a “greenhouse” effect and can significantly increase the temperature inside the stroller to dangerous levels. Instead, place a small fan and keep the baby covered with light clothing or in the shade as much as possible.*



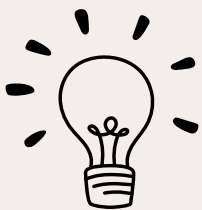
Spring & Fall: The Transition Seasons



Spring and fall may bring unpredictable weather. Dress your baby in layers that can be easily added or removed, adapting to temperature fluctuations throughout the day. Start with a light, long-sleeved onesie with leggings or pants as the base layer, or use a romper or jumpsuit.

Add a soft cardigan or jacket on hand for those cool breezes. As the day warms up, you can remove layers to keep your baby comfortable.

During transitional months, the sun can still be strong, so keep your baby's hat handy for when the sun decides to peek out!



Top Tip: *Bring extra clothes in your diaper bag in case of spit-up or needing extra layers. With a few simple tips and tricks, you can dress your baby for any weather and keep them comfy and cozy no matter what the day has in store.*

Dressing for a Winter Wonderland

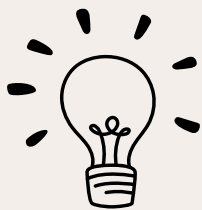


Brrr.. baby it's cold outside!


In colder seasons, layering is your best friend. Start with a onesie as the base layer, adding comfortable pants or leggings paired with socks and finish with a warm sweater or jacket.

Fleece and cotton are great material options for when it is colder outside.

Don't forget a hat and mittens to protect those tiny hands and ears from the chill. I loved soft-soled shoes or booties that were easy to take on and off during the colder months when my LO was a babe. If you invest in a snowsuit, look for designs with easy zipper closures for hassle-free dressing and undressing.



Top Tip: When you leave the house, use a blanket to cover your baby's body until you get into the car (preferably already warmed up), to help with the transition. Remove the blanket once in the car, as you want your baby's back to be flush against the seat without anything in between.



How to Tell: Is Baby too Cold?

Observe your baby's behaviour and check for physical cues. Here are some practical methods to assess your baby's comfort:


Feel your baby's core (back of neck, trunk, back). If they feel cold to the touch, it may indicate that your baby is too cold.

For sleep, you can add another layer of clothing, use a thicker sleep sack (2.0 tog) or turn up the temperature in the room.

Always follow safe sleep guidelines, and keep baby's sleeping area free of loose bedding, including blankets and quilts, to reduce the risk of Sudden Infant Death Syndrome (SIDS).

Safety Tip: *The general rule of thumb is to make sure baby wears one additional layer than what you're comfortable wearing—if you're feeling chilly, your baby probably is too.*





How to Tell: Is Baby too Hot?

As the summer months approach and the sun is up for more hours each day, it is common for your baby's room temperature to increase as well.

Here are tips on how to tell if your baby is too warm:

- Feel the back of the baby's neck or their chest.

If the skin feels excessively warm or sweaty, the baby may be too hot.

- Check for any redness or flushing on the baby's skin, which can be a sign of overheating.
- An overheated baby may be restless, fussy, or have difficulty settling down.

Safety Tip: Always trust your instincts as a parent and pay attention to your baby's cues. If you have concerns about your baby's temperature or well-being, consult with your pediatrician.



Dressing Baby for Sleep

Welcome to the bedtime adventures of baby sleep! This section is all about making sure your little one is dressed just right for restful nights. Let's explore the ins and outs of dressing your baby for the comfiest and most peaceful sleep they can get.





We love Sleep Sacks

A sleep sack or wearable blanket is an excellent choice all year round for sleep. They keep your baby warm without the risks associated with loose blankets in the crib. Choose a sleep sack with a TOG rating appropriate for your room temperature to prevent overheating. In the winter, use a higher TOG sleep sack, and in the summer, opt for a lower sleep sack TOG. Please see our tip sheet in this guide!

What is a TOG rating? TOG stands for thermal overall grade. This typically refers to the warmth rating of sleep sacks.

A higher TOG rating indicates that the sleepwear provides more insulation, and is suitable for cooler temperatures, whereas a lower TOG rating is appropriate for warmer temperatures.

My fav

SwaddleMe design (click the link to view) is my ultimate favorite and the swaddle I used for both my kids. I love them because they're affordable, they kept my Houdini daughter tucked in, they have an easy-access zipper at the bottom for quick diaper changes, and they were adjustable!

Winter Sleep: Sleepwear



Ideally your baby's room temperature sits comfortable between 68°F and 72°F (20°C - 22°C). Use a room thermometer to monitor the temperature. However in the winter months, it can be harder to keep the temperature up, especially in older homes.

Choose a sleep sack or wearable blanket with a suitable TOG rating

to match the room's warmth, ensuring your baby stays snug without becoming too hot

Opt for footed pajamas to keep your baby's feet warm during the night. These eliminate the need for separate socks and provide full-body coverage. Look for pyjamas with easy snap or zipper closures for quick and hassle-free diaper changes.

Safety Tip: *Should I dress my baby in a hat for sleep? Nope! While the first few hours in the hospital might include a hat, the AAP recommends against using hats when indoors as it can lead to your baby overheating. Babies release heat from their heads and faces to cool themselves during sleep.*



A woman with long brown hair, wearing a light blue sweater, is looking down at a piece of patterned baby clothing she is holding in her hands. The background is a plain, light-colored wall.

Summer Sleep: Sleepwear

During the summer months when your baby's room is warmer, opt for short-sleeved onesies or rompers as the base layer. These provide coverage without adding too much warmth.

Consider using a lightweight sleep sack or wearable blanket with a lower TOG rating. This allows for some coverage while still promoting ventilation.

If the room is warm, you can also use a fan to promote air circulation. Ensure that the fan is at a safe distance from the baby, and the airflow is gentle.

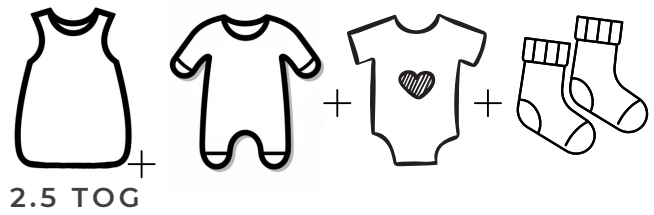
Use **blackout curtains** (link to my favorite) during the day to block out the sun and prevent the room from heating up. I also recommend lightweight and breathable bedding materials, such as cotton sheets.

Did you know?

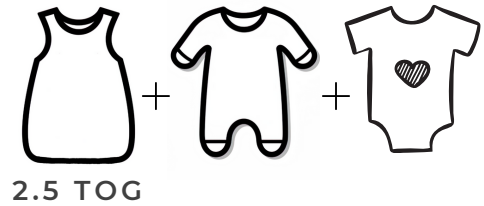
Giving your baby a lukewarm bath before bedtime can help lower their body temperature. Pat them dry and dress them in lightweight sleepwear.

HOW TO DRESS BABY FOR SLEEP

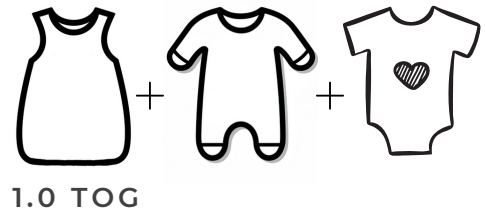
under 63°F
under 17°C



64 - 68°F
18 - 19°C



69 - 70°F
20 - 21°C



71 - 74°F
22 - 23°C




75 - 77°F
24 - 25°C



78°F +
26°C +



For guidance purposes only. Use your best judgement to dress your child comfortably to prevent overheating.



“There is no
such thing as a
perfect parent,
so just be a real
one.”

- Sue Atkins

Tired out? Frustrated?



Silver Moon Sleep Consulting helps sleep-deprived parents teach their child how to sleep independently and through the night by creating detailed, personalized sleep plans and providing one-on-one support.

I not only work with your child's bedtime, but I can help you create a more appropriate daytime schedule that really meets all of his/her sleep needs to set him/her up for the best night's sleep.

Not sure if we would be a good fit? Call me and find out!

[Book Your Free 15-Minute Assessment Call](#)

