



## DO YOU HAVE SUMMER SENSE ?

*That long and joyfully anticipated holiday can be spoilt in a flash—so observe these simple precautions.*

Babies can easily get upset in hot weather, so extra precautions need to be taken for their health and comfort.

Keep baby cool in warm weather, but guard against chills.

Do not nurse him more than necessary, as your hot body will make him hotter.

See that his room is well ventilated, but free from draughts.

In the daytime put him to sleep or play in the coolest place you can find whether this be inside or outside the house.

Do not let him become overheated by too much or too rich food, or through being over-clothed.

Cover his pram or cot with a mosquito net, when baby sleeps outside.

Over-feeding in warm weather, with lack of fluids, is a common cause of diarrhoea. Babies need less food than usual during hot spells, so it is wise to weaken baby's milk mixture temporarily, and to give him more boiled water to drink.

Tepid baths or sponging add to baby's comfort during hot weather.

Clothing needs to be light, loose and porous. Extra clothing should be handy for when a sudden cool change occurs.

If possible, do not wean a baby during the summer months. Breast-feeding is a great safeguard, especially against so-called attacks of "summer diarrhoea."

The safest artificial food in hot weather is one of the prepared dried milks, especially if mothers have no adequate means for keeping fresh milk under safe conditions, as in refrigerator or ice-chest. Special precautions should be taken in the care of milk in the home in summer.

Be careful to avoid sunburn—it is as dangerous as any other burn.

### Watch the Toddlers.

When on holiday with the children enjoy it, but watch the toddlers. They can so easily stray and get into trouble through ignorance.

Stay near, and keep an eye on them when they are paddling. It is easy for a little child to be knocked over by a wave and carried out of his depth.

Be sure they are taught to swim as soon as they are old enough to learn.

Do not let children bathe too soon after a meal.

Teach them that many brightly colored berries are poisonous and how to distinguish mushrooms from similar looking non-edible fungi.

Watch when while boiling the billy. The picnic fire can be as dangerous to the adventurous toddler as an unguarded fire at home.

Teach them to be tidy, and to clean up after the picnic. Broken glass, particularly on beaches, is dangerous not only to them, but to others.



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