

together



NHS
Greater Glasgow
and Clyde

Keeping Your Baby Warm



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Why is Temperature Important?

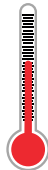
When your baby leaves the warmth of the womb at birth, they are wet and come into a much colder environment. They can start to lose heat as soon as they are born. They will also be wet which means that they can drop their temperature and become cold very quickly.

Most of this heat loss occurs within the first few minutes after birth. If not kept warm in the first 10-20 minutes your baby may lose enough heat for their body temperature to fall to a low level (this is called hypothermia).

As parents you are vital members of the team in making sure your baby is kept warm. There are many things you can do to help.



Not too hot



Not too cold



At the time of your Baby's Birth

When babies are born they cannot regulate their own temperature. It is really important that parents and carers do this for them.

At the time of your baby's birth your midwife will help keep your baby warm by:

- Keeping the room warm.
- Closing all the windows and doors.
- Turning off any fans.
- Your midwife may also warm up towels and clothing for your baby.



When your Baby is Born



- We will dry your baby to stop them becoming cold.
- We will place a warm hat on their head as they can lose heat quickly.
- We will normally place your baby on your chest to have skin-to-skin time. This will help to keep your baby warm.
- Your midwife will check your baby's temperature.
- During skin-to-skin it is important to support your baby's head.
- Keep their face clear to allow them to breath clearly.
- Keep your baby covered in blankets during skin-to-skin contact to help reduce heat loss.
- We will offer you support to feed your baby.

Whilst it is important to keep your baby warm, it is possible for them to overheat. Please speak to staff if your baby feels cool or hot to the touch.



In the Post Natal Ward



As parents, you are vital members of the team in making sure your baby is kept warm. There are many things you can do to help:

- Let the midwife or care provider know if the room is not warm enough. This is very important just before and in the hours after the birth.
- Remind the staff to close windows and turn off fans or turn up the heating if needed.
- Make sure that when your baby is skin-to-skin they are covered with blankets.
- When dressing your baby for the first time make sure the clothes and blankets have been kept in a warm place (i.e. away from draughts from windows).
- When in their cot, make sure your baby has a blanket. Babies usually need one or two more layers of clothing or bedding than adults.



- Your baby's first bath should be at least 24 hours after they are born.
- You should check your baby's temperature before a bath.
- A normal temperature in babies is about 36.4 degrees Celsius but can vary a little. Above 37.5 degrees Celsius is a high temperature.



At Home



At home babies don't need especially warm rooms. Keep the room at a comfortable temperature for you in light clothing.

- If your baby weighs over 5lb a room temperature of 16 to 20 degrees Celsius is adequate. However if baby is under 5lb, 20 degrees Celsius may be required.
- Check your baby regularly to make sure they are not too hot or cold.
- You can check your baby's temperature by using a baby thermometer or feel their forehead, tummy or back of the neck.
- Your baby's temperature should be about 36.4 degrees Celsius but it can vary a little. Above 37.5 degrees Celsius is a high temperature.
- They should feel slightly warm to touch. However hands and feet can sometimes feel a little cooler.
- If your baby feels too warm remove 1 or 2 layers.
- If your baby feels too cool put on a hat and some layers and give them a cuddle.

- If your baby's temperature drops below 36 degrees Celsius then phone your Community Midwife, GP service or NHS 24 on 📞 111 for advice.
- Do not place your baby next to a direct heat source such as a radiator or hot water bottle.



Further Information



How to take
a baby's
temperature



Skin to Skin Care

Further Support

If you would like an interpreter please speak to the health care team.

Please also tell them if you would like this information in any other format such as:

- Large print
- Audio
- Electronic
- Another language

We hope that the information in this leaflet meets your needs. However if you need further support please speak to the health care team they are happy to help.



Contact Details

Maternity Unit, Queen Elizabeth University Hospital
1345 Govan Road,
Glasgow G514TF
Telephone number: ☎ **0141 201 1100**

Princess Royal Maternity Hospital
16 Alexandra Parade
Glasgow G31 2ER
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