



# KNOW MORE about overdressing your baby

**You need to keep your baby warm  
when it's cold outside.**

However overdressing your baby can potentially cause **over-heating, harm** and could **kill** because babies cannot **regulate their temperature**. When you put your baby into the car or go into a shop, **take a layer of clothing off**. Babies only need **one more** layer than you. Babies should not be left to sleep in their car seats indoors and **NEVER** overnight as they could overheat and die.

**Local babies have died this way.**

Keeping babies safer in the Black Country designed and developed  
by Dudley Council Public Health endorsed by Black Country CDOP

For more information go to <https://www.lullabytrust.org.uk/>

