IT MAY LOOK CUTE BUT IT'S NOT SAFE

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/**

BLACK COUNTRY CHILD DEATH OVERVIEW PANEL