



Summer Care

DEPARTMENT OF PUBLIC HEALTH
DIVISION OF CHILD HYGIENE
TORONTO, ONTARIO

Summer Care

BATHING.

Bathe the baby every day.

In hot weather give baby a cool sponge bath two or three times a day.

If suffering from prickly heat, sponge with baking soda solution (one teaspoon to one pint of water) several times a day.

CLOTHING.

Clothing should not be sufficient to cause perspiration.

In hot weather a diaper, thin shirt and muslin slip are enough.

In very hot weather take off all but diaper.

SLEEPING.

Protect the baby from flies by covering carriage or crib with white mosquito netting.

Do not use heavy materials, lace curtains, etc., as they exclude air.

Have child sleep outside as much as possible, but protected from direct sun and extreme heat.

WATER.

Give baby all he will take between meals.

Do not give water for one hour before or after feeding.

FOOD.

Nurse your baby.

Do not wean in summer without consent of your doctor.

If bottle-fed keep feedings covered and on ice. The Public Health Nurse will show you how to make an inexpensive ice box.

Do not give ice cream, unripe or too ripe fruit to young children and do not allow them to eat between meals.

Children require only three-fourths as much food in hot weather.

SUMMER DIARRHŒA.

At first symptoms of diarrhœa stop all feeding. Give as much cool boiled water as the baby will take, and consult a doctor at once.

Castor oil may be given in the earliest stages, but later may be dangerous. Wait for doctor's advice.

Keep baby clean, cool and comfortable.

**The Department of Public Health
conducts child welfare clinics in
various sections of the city for in-
fants and children of preschool age.
Mothers are cordially invited to take
their children to the nearest clinic.**