

One Layer, or Two? The effects of baby-wearing upon the skin and core temperature of a baby

THE PROBLEM

- Babies cannot regulate their own core temperature
- Babies in lots of clothes cannot sweat
- Babies can overheat, become sleepy, danger of SIDS
- Parents become hot during movement transferring additional heat to the baby
- Current information not clear

EXPERIMENT

- 9 Mothers and babies
- 10 minutes playing
- 10 minutes carrying
- 10-15 minute stepping exercise (sub 70% HR)

- Joy and Joe stretchy provided 3 layers of bamboo/cotton/elastane
- Temperature measured using skin electrodes and readings from the ear
- Mothers asked to rate temperature of baby subjectively

RESULTS

- **Small** increase in skin temperature with 2 layers
- Continued increase over course of the experiment
- Mothers **perception** tracked temperature
- **Little change in core temperature** (small drop with extra layer)

More details will be available after publishing embargo.

AUDIENCE

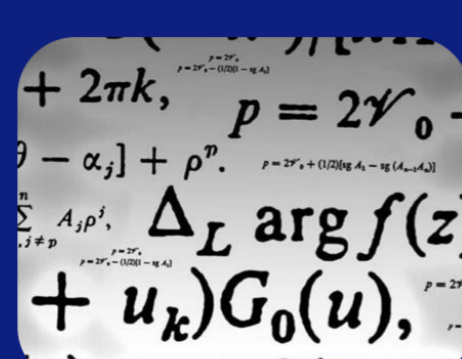
- Parents and guardians
- Care-givers
- Media and manufacturers
- Health care professionals (midwives, health visitors)
- Institute of Physics and Engineering in Medicine



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