

7 helpful tips to help prevent hot summer days for children

Finally, one of the most important things that parents need to remember is that if you feel hot, your child will feel hotter. Air conditioning is not the wrong choice if you adhere to the principles when using.

Summer is a great time for children to have fun. However, for parents, this is an extremely troublesome time when children are constantly sweating, their bodies are dusty and uncomfortable.

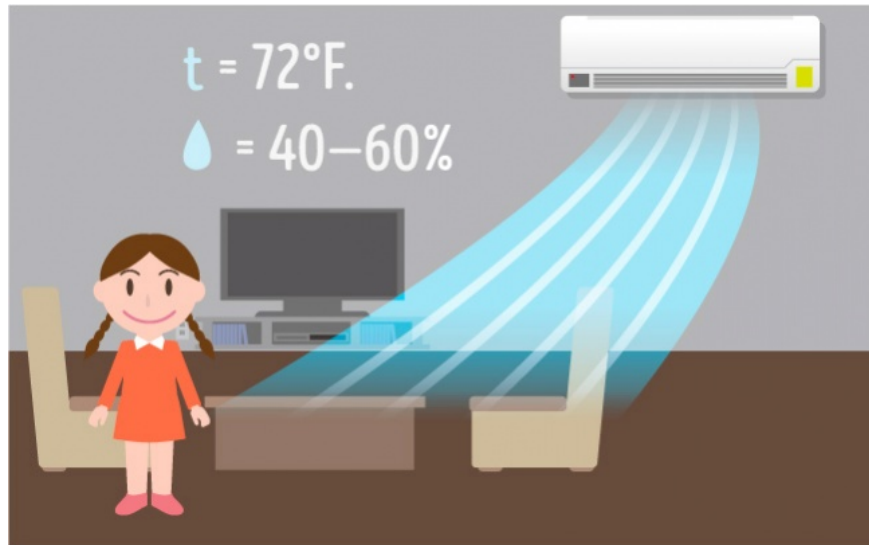
Here are 7 extremely helpful tips recommended by pediatricians to help parents with young children easily reduce heat for children, avoid disease and create a comfortable environment for children to be free to enjoy play in summer day.

Use air conditioning



Some parents only use fans due to fear of installing air conditioners will not be good for their health. However, when outdoor temperatures reach 36, 37 degrees, air conditioning is a device that pediatricians recommend parents should use.

Control temperature and humidity



The best conditioning temperature is 72 ° F (22 ° C) and the humidity is not less than 40%. These parameters can be measured by thermometer and hygrometer. In addition, you can use a dehumidifier with air conditioning or regularly clean the air conditioner to ensure these values are always at the standard level.

See also: **Wrong habits when using air conditioners**

Reduce the temperature gradually



It is best for parents to reduce the temperature gradually. If the room temperature is 86 ° F (30 ° C) and you need to reduce it to 75 ° F (24 ° C), first drop 82.5 ° F (28 ° C). Half an hour later, turn down to 79 ° F (26 ° C) and 75 ° F respectively.

Open the room often



Occasionally, open the door to let the outside cool air flow into the room due to air conditioning and cooling devices causing the air to dry.

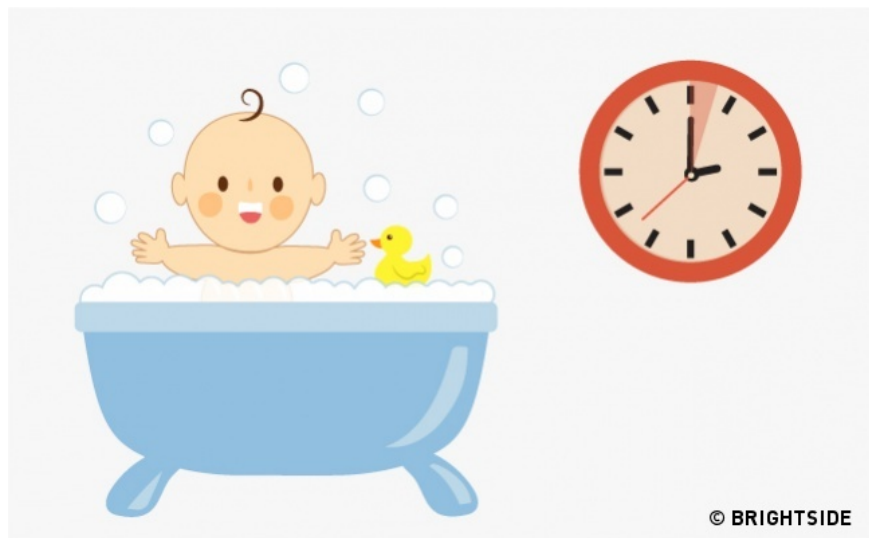
Use air conditioner properly



Air conditioning should not point directly to a baby or baby's bed.

See also: **How to use an effective air conditioner fan**

Do not bathe children too little



For every 1 to 2 hours, let your child throw himself in cool water for a few minutes. Do not use a dry cloth to completely dry but let the baby's body have a little moisture so that the steam can penetrate the skin and help the child feel cooler.

Don't forget to give your child plenty of water



Children need plenty of water. For babies under 1 year old, you should use filtered water and can add a little salt or soda if your child is older.

In addition, some other ideal choices such as fruits in the fridge, fresh fruits, berries contain lots of potassium or herbal tea. Do not force your child to drink but use "tricks" to stimulate children to actively drink water.

Finally, one of the most important things that parents need to remember is that if you feel hot, your child will feel hotter. Air conditioning is not the wrong choice if you adhere to the principles when using.

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