

Things to consider using air conditioner for babies in the cold season

Using air conditioners in the cold season also needs to take note, how to use it properly when you use air conditioner in summer. How to ensure that the health of the child can bring a warm atmosphere to the room is essential.

There are many families who choose to buy two-way air conditioners, which can cool in hot summer and warm the air in winter. For families with young children, when the baby's body needs to be kept warm in the cold winter, the use of hot air conditioning is essential. However, to ensure the health of the baby when we use the air conditioner in the cold season, we also need the following notes.

1. Adjust the temperature appropriately:

To avoid unusual changes in the weather you should adjust the air conditioner to a reasonable temperature. However, you should still wear a long-sleeved shirt, wear all your socks and legs. Keep the room temperature about 27-29 degrees C (at the temperature you feel the heat, the infant is moderate). Many moms put a humidifier or cold water basin in the room to increase the humidity, but according to the doctor, it is too moist with a closed room and an environment for bacteria to grow. Only one ventilation fan should be placed in the room.



2. Don't let your baby lie in the right direction:

Your baby's respiratory system is very sensitive. If the fan or air conditioner is placed directly on the baby, even if it is equipped with warm clothes, it will make the child uncomfortable. The weak muscle babies are more prone to respiratory problems. So set the air conditioner on high, the air door of the air conditioner is not placed directly on the child. It should be set to the lowest fan speed and set to shooting mode.



3. Rule of 3 minutes:

Sudden temperature differences can quickly reduce the resistance of young children. Whenever you want to let your child out of the air-conditioned room, open the window 3 minutes earlier and hold the child to play nearby so that he can get used to the hot air outside.



4. Limit the time to turn on the air conditioner for no more than 3 hours:

After 3 hours in the room with air conditioner, we should let the baby go out of normal temperature for 10-15 minutes. This is the right time to chase the stagnant air caused by air conditioning.



5. Cleaning air conditioner:

After using air conditioner in hot summer months, you should call a mechanic to check the air conditioner as well as hygiene to bring warm air to your baby and family, avoid pathogens that can cause harm to the baby. When not using air conditioning, open the door of the room, window to prevent air from remaining in the room.



Using hot air conditioning in winter is essential for families with young children. This will help your baby to prevent common diseases in winter which are easy to get. However, in the process of using each family, attention should also be paid to adjusting the temperature suitable for children, wearing enough clothes, limiting the use of air conditioner for too long, avoiding the risk of creating pathogens for children.

Refer to the following articles:

1. The secret to using a safe fan for children in winter

1. How to clean the air conditioner properly?

1. How to choose air conditioners for homes with young children

Hope the above article is useful to you!

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