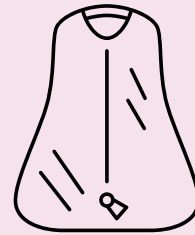


What to Wear Guide

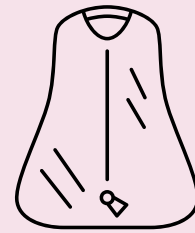


14–16 °c



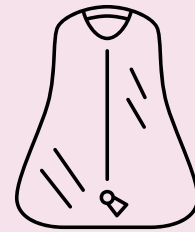
3.5 tog

16–18 °c



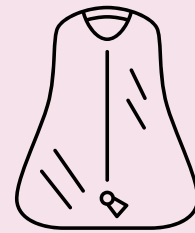
2.5 tog

18–20 °c



2 tog

20–22 °c



1 tog

22–24 °c



1 tog

24–27 °c



0.5 tog

27+ °c



TEACH SLEEP
A kind, common sense, holistic approach

The ideal temperature for your baby's room is between 16 and 20 degrees celsius. Use the above as a guide and be sure to regularly check that your baby isn't too hot or cold.