

How I Plan on Wearing My Baby in the Heat

Description

Do you live where there's hardly a transition from Winter to Summer? Sure, there's the season we call Spring, but here in Texas, it seems like it's either cold and miserable or just plain hot.

Yes, I'm exaggerating a little, there are some nice days, but Texas heat turns on rather quickly around here. It doesn't help when humidity is thrown into the mix; ugh.

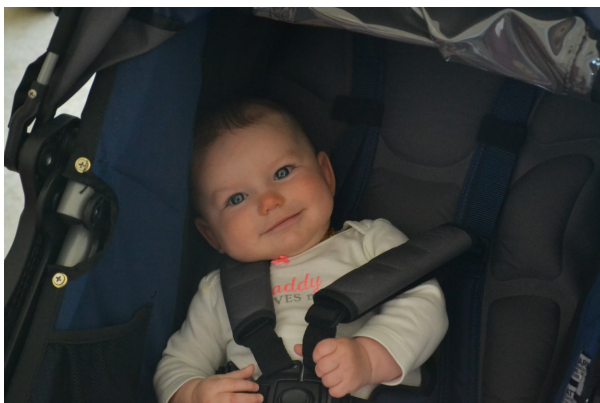
But I am a lover of the heat and will take drenching my clothes in sweat over shivering in layers of clothes any day. Go for a run early in the morning? Not me, I prefer early afternoon with the sun beaming down on me.

I know my performance would be better in cooler weather, but I love the drained feeling after a hot workout. That said, I need to be more mindful now that I have a baby to bring along wherever I go.

Lately, I have been running with Avery in our B.O.B. stroller and using a weather shield because I thought she'd get too much dirt blown in her face. Well, Going Mom set me straight and told me how you shouldn't use the weather shield in greater than 65 degree weather; it's only for precipitation anyway.



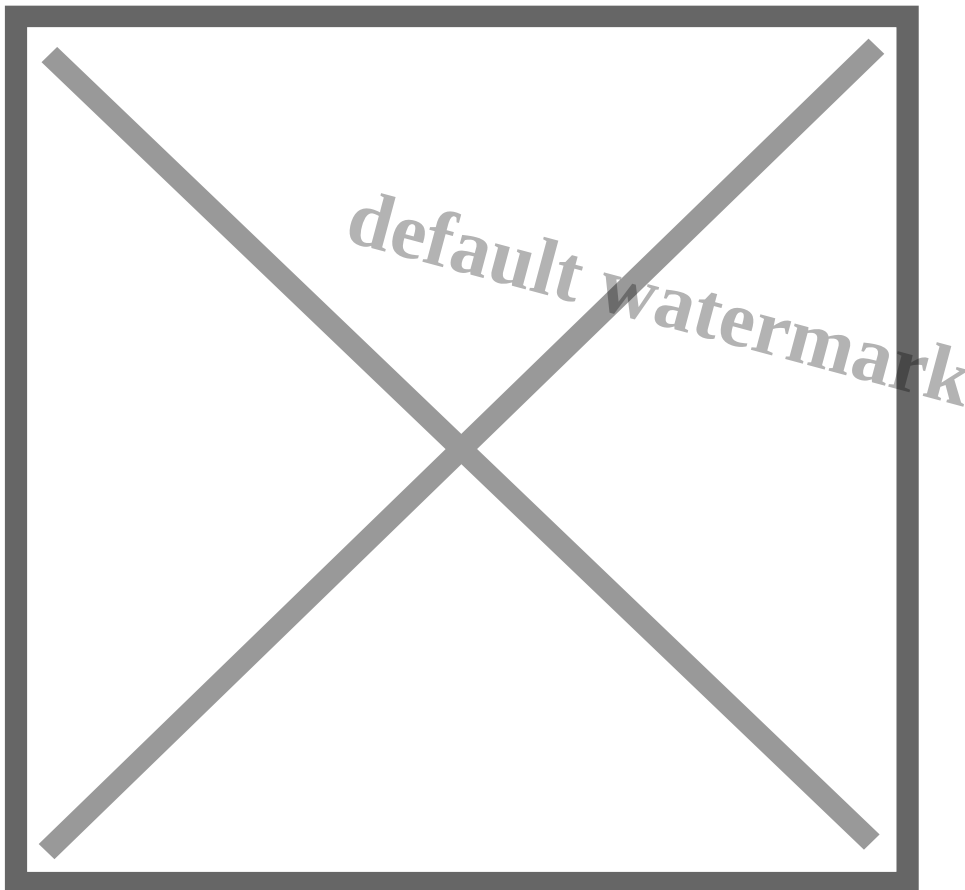
Admitting mistakes is not my strong point, but I'm admitting it now, I'm a doofus for subjecting our beautiful girl to the shield. Next run, I'll make sure it's open to the fresh air! Sorry, Avery, and thank you, Kelley, for showing me the light!



Good job, Daddy, way to admit your stupidity! I love you!

Since Iâ€™ll also be wearing Avery when we are outside, I need to have a plan to keep her cool and comfortable. Thankfully, [Onya Baby](#) has a very simple solution to keep your baby cool when wearing them in hot weather.

All you need is a baby carrier with front pockets (such as, sayâ€™, the Onya Outback!) and a freezer/ice pack. Iâ€™m sure you know whatâ€™s next, just put the ice pack in the front pocket of your carrier and now youâ€™ll have a one cool baby!



I did this when wearing Avery in the Onya while reel mowing with our [Fiskars mower](#) on a hot day and she kept cool and calm the whole time. Actually, she took a nap like she has before!

So, itâ€™s that easy, use one or two cold packs when wearing your baby under the scorching sun and keep them safe! Onya Baby wrote a post on their blog about using the ice pack and included these additional tips:

- â€“ Dress yourself and your baby in loose, lightweight, natural fiber clothing
- â€“ Carry an umbrella to provide portable shade for both yourself and your baby



- Place a lightweight cloth or flat diaper between yourself and your baby
- Remove your baby periodically from your carrier to allow both of you to cool off
- Check your baby often by touch and sight to be sure he's not overheating.

[Click here for Onya's original post.](#)

I've used an umbrella several times and it works great, but if it's windy outside, it can be a hassle. That's when I recommend a giant brimmed hat with a neck strap!



Overall, be mindful of the weather when bringing your baby outside. I admit to being slightly stubborn/ignorant of this and have my lovely wife to thank for snapping me out of it. Again, thank you, Kelley!

Do you have to deal with heat where you live?

Any tips of your own on keeping baby safe in the sun?

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