



Joanne Lozman

SLEEP CONSULTING

BABY DRESSING GUIDE

WELCOME!



I am Joanne

*a certified sleep consultant and
mother of two wonderful boys, Oscar and Isaac.*

*As I have been a sleep deprived parent
with my first son, I really want to help others
by sharing my passion, experience and knowledge
of children's development and learning.*

IN THIS GUIDE I WILL EXPLAIN
THE BEST WAY TO DRESS YOUR CHILD,
DEPENDING ON THE TEMPERATURE,
FOR **THE BEST SLEEP** FOR YOUR LITTLE ONE.

Let's get started!

Baby Dressing Guide *for all seasons*

RECOMMENDATIONS FOR BABIES 0 - 12 MONTHS OF AGE

Avoid baby getting too hot to reduce the risk of SIDS.

Keep the babies room a comfortable temperature.

Add +1 layer from what you are wearing.

Use a wearable blanket if the you worry baby is cold.

Avoid covering the head.

Back is best.

Nothing in the crib but a baby.

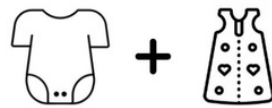
Baby Dressing Guide

for all seasons

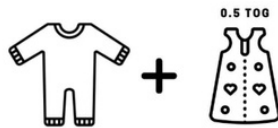
78+°F
26+°C



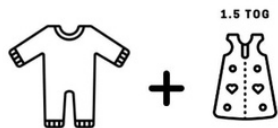
75-77°F
24-25°C



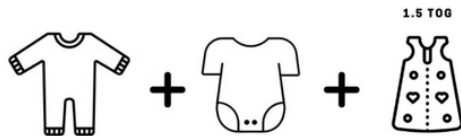
71-74°F
22-23°C



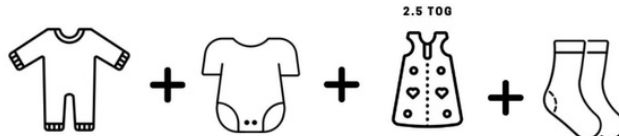
69-70°F
20-21°C



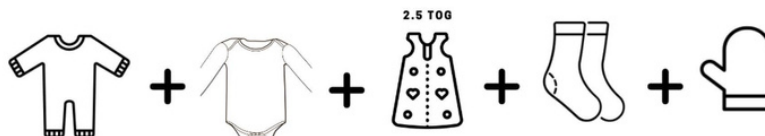
64-68°F
18-19°C



61-63°F
16-17°C



<60°F
<16°C



*It's simple and intuitive,
right?*

Thank you so much for downloading

Joanne Lozman's

BABY DRESSING GUIDE

If you would like to talk
a little bit more and
make a plan for your baby?

Please book a free
15 minute call here:

[BOOK A FREE
15 MIN CALL](#)

Is it easier for you
to **share your thoughts
and concerns in person?**
Let's meet at one of my events:

[UPCOMING EVENTS](#)

Are you looking for
more support and help
to **improve your
baby's sleep?**

[PACKAGES](#)

Want to learn more
about newborn, baby, toddler sleep,
and know what to expect?
Check out the **latest article** on my

[BLOG](#)

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