



HYPOTHERMIA

DEVELOPMENT

A Healthy Start for the Brain

During pregnancy a baby's brain can be influenced by a variety of factors. Promoting healthy brain development includes no drinking alcohol or smoking/vaping and getting enough nutrients, such as folic acid.

Once baby is born, healthy brain growth continues to depend on the proper care and nutrition. In the first year alone their cerebellum will triple in size. This is the part of the brain responsible for their development of motor skills.

When a child's brain is growing they are especially vulnerable to traumatic head injuries, infections, or toxins such as lead. Keeping these things away from your baby can promote healthy brain growth.

Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature.

It is important to recognize the signs and symptoms of hypothermia, especially because those being affected often aren't aware of their condition. Someone with hypothermia will begin shivering. Then breathing will be shallow and slow. Eventually they will appear clumsy with low energy and confused. In the case of infants the skin will become bright red and cold.

Since children lose heat faster than adults it is important to know how to keep them properly bundled up this winter:

On a chilly day a jacket and warm shoes might suffice. But if it is a cold winter day your child should have 2-3 upper layers, gloves, boots, a winter hat, and 2 layers of pants.

And because we live in a place that regularly experiences extreme cold, make sure kids are wearing hats, gloves, winter boots, 2 or more pant layers, 3 or more top layers, and a face mask when temperatures dip into the single digits.

