

Beat The Heat: Sleep, Health and Safety in Hot Weather and Heatwaves For Babies and Pregnant Mothers

Eline Holvoet, MD and BabySleepAdvice.com Unite on WARM Study to Shield Families from Heat-Health Risks

BRUSSELS, BELGIUM, August 19, 2025 /EINPresswire.com/ -- BabySleepAdvice.com, the premier source for truly-no-tears, research-based infant and toddler sleep guidance, today formalized its collaboration with Dr. Eline Holvoet, MD, principal investigator of the WARM (Women's Awareness & Resilience to Maternal Heat-Health Risks) Study in Belgium as part of the European Commission's HIGH Horizons project.

“As our climate warms, it's imperative that caregivers and health practitioners understand and anticipate the unique challenges heatwaves pose to families”
Eline Holvoet, MD

Through this partnership, rigorous maternal-child heat-health research is paired with practical, freely accessible resources to help families navigate hot-weather challenges.

Downloadable Flyers Backed by WARM Study

- Beat The Heat Tips for Babies: A concise, printable PDF presenting vital preventive measures - such as minimal sleepwear, safe cooling strategies, and hydration reminders - to protect infants and toddlers from heat-related illness and disrupted sleep.
- Beat The Heat Tips for During Pregnancy: Tailored guidance for expectant mothers on recognizing heat-stress symptoms, maintaining adequate fluids, and using simple cooling techniques.

Both high-resolution flyers are available for [free download](#) and ideal for online sharing or community distribution. Parents, caregivers, and health professionals can request permissioned, print-quality versions via the contact details below.

Broad Sleep & Heat-Safety Guidance

“As our climate warms, it’s imperative that caregivers and health practitioners understand and anticipate the unique challenges heatwaves pose to families,” said Dr. Eline Holvoet, MD.

The “Beat The Heat” collaboration with Heidi Holvoet, PhD of Baby-Sleep-Advice.com also delivers specific strategies to maintain comfortable sleep environments during heatwaves - covering clothing choices, hydration practices, and room-cooling methods - that parents can effectively apply in every situation.

Community Engagement & Support

Families and caregivers are invited to join Rested!, Baby-Sleep-Advice.com’s private community platform, to discuss and have their questions answered related to the WARM Study's findings and how to apply these into everyday caregiving practices.

Helping Families Recognize What Matters Most

The guidelines for sleep in hot weather emphasize safety and well-being over perfection in routines. Caregivers are encouraged to temporarily let go of expectations around sleep duration or “ideal” sleep setups in favor of simple, achievable adjustments that prioritize the baby or toddler’s comfort and health during hot spells. Whether that means a daytime nap outdoors in the shade or using a diaper-only sleep setup indoors, the message is clear: flexibility helps protect well-being.

For Homes Without Air Conditioning

For families who lack access to fans or air conditioning, the guide offers practical, low-tech solutions such as placing a large block of ice in a safe container in the bedroom to cool ambient air, or spending parts of the day in naturally cooler areas of the home. These solutions ensure that the advice is inclusive and accessible to households regardless of income or resources.

An Urgent Call for Awareness

The collaboration comes at a crucial time, as many regions experience increasingly frequent and intense heatwaves. With infants and pregnant women among the most vulnerable to heat stress, Baby-Sleep-Advice.com and the WARM Study aim to distribute these resources widely. Caregivers, professionals, and community organizations are encouraged to share the materials and spread awareness because, as they underscore, “every protection measure counts.”



Beat The Heat Tips For Babies

Heidi Holvoet

Heidi Holvoet | Baby Sleep Advice

+32 485 30 86 36

[email us here](#)

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