

YOUR LITTLE ONE IN THE MOUNTAINS

HERE IS SOME INFORMATION TO ANSWER
YOUR QUESTIONS OR ALLAY SOME CONCERNS.



Altitude

It is advisable to climb slowly towards the station: between 1000 and 1200 mt altitude, there may be a risk of ear infections during sudden changes of altitude. It is therefore recommended to drive slowly, to make stops, to make him swallow by offering to drink, or to keep the soother in his mouth to clear his eardrums.



The high altitude is to avoid with a young baby. The most reasonable is to stay at 1650mt for a child younger than 1 year, around 1800mt for a child of 18 months old and **above all do not go above 2500mt.**



Sensitive to altitude, he will endure more than an adult the little signs that indicate the onset of mountain sickness: irritability, appetite disorders and disinterest in playing.



Hydration

Due to the dryness of the air and the baby's need for water: make sure to make him drink regularly. You can also put a bowl of water or a wet cloth near heat sources to humidify the air in the room.



Eye and skin protection

ENJOY THE SUN SAFELY

Baby's skin and eyes are more sensitive and more exposed. **UV rays do not heat up.** Be careful, especially in the mountains when there is wind, clouds and reverberation. Sun protection (factor 50) and sunglasses are recommended

**Don't hesitate to ask
your doctor for advice.**