

Temperature Guide:



THE DOULA'S DAUGHTER

BIRTH & FIRST YEAR SERVICES

78°F
26°C



cotton onesie

75-77°F
24-25°C



cotton onesie, light sleep sack (tog 0.5)

71-74°F
22-23°C



cotton footed pajamas, light sleep sack (tog 0.5)

69-70°F
20-21°C



onesie, cotton footed pajamas, sleep sack (tog 1)

64-68°F
18-19°C



long sleeve onesie, long sleeve pajamas, sleep sack (tog 1.0)

61-63°F
16-17°C



long sleeve onesie, long sleeve pajamas, socks, sleep sack (tog 1.0)

under 60°F

16°C



long sleeve onesie, long sleeve pajamas, socks, hat, sleep sack (tog 1.0)