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Best Family Holidays

Top tips to stay cool during the summer

As the sun bears down on the UK this summer, we've developed a guide to keeping your children cool...

By Max Goldbart

08 July 2010 15:09

Most Britons have been pleasantly surprised with this summers' extreme temperatures. While it has allowed many a well-needed dose of sunshine, care has always got to be taken when dealing with very young children in this heat.

Here are some tips on keeping cool – and green! – while enjoying the weather...

Turn off all electrical appliances when not in use

Appliances such as televisions and computers, if left on standby, can use up almost as much energy as when they are actually in use. Not only does this contribute highly to any energy bill and also create greater carbon emissions, it also creates unnecessary heat in the home.

Turn off the lights

When the sun starts setting at approximately six o'clock, keeping the lights off for as long as possible will help reduce heat within a building. Closing curtains can also make a difference to the amount of heat.

Plant shrubs

At first glance it appears a ridiculous idea to be planting shrubs in order to keep away from the heat. However, planting tall and leafy shrubs outside a house can provide an excellent source of shade and will also contribute to a reduction in carbon dioxide emissions as they provide extra oxygen. Just like window films, this solution is both environmentally and heat-wave friendly.

Always make use of water

In this kind of heat, it is essential that on any long journeys, especially with children; at least one bottle of water is at hand. This is especially important when travelling on the Underground as it can get incredibly hot on a packed tube-train. Also, bottles of water should be kept at various points around the house- when they evaporate they help cool the air. At temperatures over 25 degrees Celsius, young children can easily dehydrate so it is virtually essential that they have close access to water in this eventuality.

Use a hand-fan or parasol

A hand fan as opposed to a battery-powered fan is just as effective and also helps save energy. Using a parasol in the day can also help stave off the vicious heat and can double a fashionable accessory!

Use Sun protecting Window Film

Window Film is a relatively new development, it can be placed on the windows of cars and protects children from UV rays. Window film rejects up to 75% of solar heat so cars can stay cooler in a green-friendly way without having to use air conditioning- therefore it works on two fronts. Most window film vendors are registered carbon negative which means they are also highly committed to reducing carbon emissions. Whilst window films tend to cost 10-15% more than ordinary windows, they can sometimes reduce energy loss by up to 50%, a healthy loss in the long-run.

Wear lightweight clothing

Wearing clothes made of linen and other lightweight materials will leave a person feeling less overheated when travelling or operating in incredibly high temperatures. The colour of clothing can also make a difference- black clothing absorbs heat and so is inadvisable during summer whilst white clothing reflects heat.

Tips provided by [Solar Gard](#).

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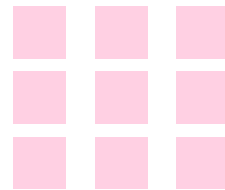
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