



Caring for Your Baby

Temperature Taking

How do I take my baby's temperature?

- Tympanic thermometers are **NOT** accurate with children under 3 years of age.
- Forehead strips or pacifier thermometers are **NOT** good ways to take a baby's temperature.
- It is recommended to use an easy-to-read digital thermometer.
- Place the tip of a digital thermometer snugly under the centre of your baby's armpit.
- Hold baby firmly to avoid quick movements while thermometer is in place.
- A digital thermometer will beep when ready.
- Normal temperature, taken under your baby's armpit is:
36.5° C - 37.5° C (97.6 F – 99.5 F)
- You do **not need to check** your baby's temperature regularly **unless**:
 - you feel your baby is sick,
 - has a fever, or
 - you have been directed to by your health care provider
- A fever is a temperature higher than the normal body temperature.



Call or visit your health care provider if your baby has a fever. If you have concerns you can seek advice from Telehealth Ontario at 1.800.797.0000.