



## Heat Wave Essentials

It is a hot mess in NYC right now – or maybe that is more so how I feel. The second you walk outside, I find that I am sweaty and uncomfortable. To combat this annoying feeling, I have been finding my own ways to beat the heat for myself and my kids. Here are some of our favorites.

- Stay Covered:** Coverage is key in this heat and my daughter has been wearing hats from [Dots on Tots, a 100% all-natural/organic and handmade line of children's hats](#). Available for babies through size 4T, I love how their **2-in1 sun hats** protect my daughters eyes and skin. The hats are also really fun for kids with their on-trend prints and vibrant colors. I also love how the chin straps allow the hat to be adjustable and last longer that one summer season.
- Stay Nourished:** Even though it is so hot, we still want to feel good and feed our bodies with the right foods. For me that means snacking smart with brands like [Munchit](#). **This included tasty and healthy mixes including 10 mixes of dried fruits, nuts, seeds, crackers and natural treats fun packs like Route 66 (cranberries, golden flax seeds, whole natural almonds and golden raisins), an organic treat, such as a pomegranate hard candy or miniature dark chocolate bar, a piece of organic chewing gum and a hot or cold-brew tea bag, such as coconut mango oolong tea.** I love carrying around the dried fruits and nuts that offer me and my daughters nutrition without being too heavy.
- Have Fun:** While it may be hard to have fun, this is still summer for the littles and on days that they don't have camp we have been enjoying our local pool and shade in our local parks. In the park, we have been having fun with [Crayola's 3D Sidewalk Chalk](#), a **cool** dual ended chalk that allows kids to create with two different colors and [Crayola's Outdoor Colored Bubbles Wand Set](#) that my girls love as they get to turn their beloved bubbles into colors like "purple pizzazz" and "fuchia."
- Nothing Beats a Shower:** No matter how hot/disgusting or uncomfortable I may be, there is always relief in a refreshing shower. I normally don't wash my hair every single day but with the summer I have been enjoying [Klorane's new Shampoo with Peony](#). My favorite part of this shampoo is how it works as an anti-irritant to soothe the scalp as well as detangle. Made with Chinese Peony, this shampoo is great for summer relief if you have any itchy or irritated scalp.

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