



Staying Warm

The recommended room temperature for babies is 16-20°C, day and night. For adults, it is recommended to keep your home at 18-21°C to reduce the risk of cold-related illnesses.

You can utilise your programmer on your heating controls to help keep your home at a consistent temperature.

Many busy families have a routine throughout the week, so programming your heating to turn on and off depending on your routine, can be a great way to save energy.

Set the temperature lower overnight (still about 16-18°C), or off whilst you are out. Then have it programmed to turn on/up 30mins before you wake up or usually arrive home.

You can also have your hot water heating off during the day and night, and then only turn it on 30mins before you need it.

You can turn down radiators in rooms that you don't use by using the TRV (thermostatic radiator valve). Make sure that you turn them down, not off, otherwise you could attract mould in unheated rooms.

**TOP TIP: The more children you can fit in the bath
- the more money you can save on hot water!**

Household Chores

Laundry

Children generate a lot of washing and multiple loads a week can add a lot to your energy bill, but there are some ways to reduce the cost.

Use the ECO setting on the washing machine - it may be a longer cycle but it saves energy through energy efficient methods.

Buy the right sized washing machine. It uses less energy to do 3 big washes than 6 small ones.

Make the most of time of use tariffs to get cheaper energy at certain times.

Wash at lower temperatures and lower spin speeds.

Cooking

Young children generally eat little and often, so batch cooking and freezing is a great way to cut down the cost of small portions.

Microwaves are very energy efficient for short cooking/reheating times.

Defrosting food overnight in the fridge, rather than cooking from frozen, helps cut down on cooking time. It also helps keep your fridge cool without needing to run on as often.

Using air fryers and slow cookers for meals can be more efficient than ovens.

Keeping lids on pots helps food cook quicker whilst using less energy.

Other Top Tips

Damp & Mould

Young children are particularly vulnerable to damp & mould. The most common type of mould in UK homes is caused by condensation. You can read our guide on how to reduce condensation in your home [here](#).

Priority Services Register

If you have young children in the home, you can sign up to the PSR for free. This service provides support in case of power cuts or supply disconnections, as well as prior notice of planned disruption. You can sign up with your energy/water supplier or by calling Act on Energy.

Small Changes

Small changes in the home can make a big difference. Things like not overfilling the kettle, turning off appliances instead of leaving them on standby, swapping old style bulbs to low wattage ones, are just the beginning.

We have created a guide on a selection of no-cost and low-cost energy efficiency tips to help save money in your home. Check it out [here](#).

