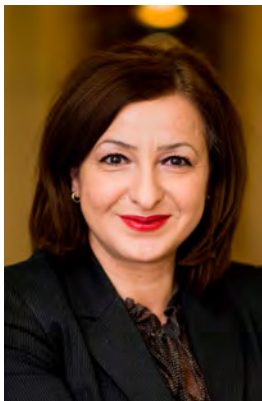




## **Safe Baby Sleep**

How my baby sleeps  
safely and well

## Dear Parents,



The birth of a child is a wonderful and very special experience linked with great feelings of happiness, wishes and hopes for a good future. Joy is mixed with uncertainty, because the situation which used to be familiar has changed completely. But this is something all parents experience and which is therefore quite common

All parents want their children to develop healthily right from the start, with your baby's healthy and secure sleep being part of it. Of course, you need to know how babies sleep safely and well. There are scientifically sound findings on this issue. In this information leaflet we have compiled with the assistance of a renowned expert how you can bed your child correctly.

I wish you and your family all the best and I hope that your child will grow up healthily.

Yours

A handwritten signature in black ink that reads "D. Kolat".

Dilek Kolat

Senator for Health, Care and Equal Opportunities

# What do you have to observe at all costs?



## No stuffed animals.

There is the risk of obstructing the breathing of your sleeping baby. Babies only breathe through their noses!

## No blankets, no pillows, no furs/ sheepskins.

There is the risk of covering the baby and of excessive heat.



## No cigarette smoke!

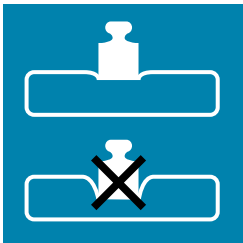
Smoking is harmful for your baby. Please refrain from smoking!

# This is how your child sleeps best



**In a sleeping-bag lying on the back**

Lying on his or her back is the safest sleeping position for your baby.



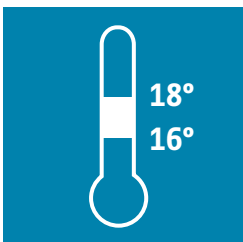
**On a firm mattress**

Your child should not be drowned in the mattress.



**Babies should sleep in their cot in their parents' bedroom**

The best risk protection for children is to sleep in their cot in their parents' bedroom.



**At a room temperature between 16 and 18 °C**

Protect your baby from excessive heat. Dressed babies can only regulate their body temperature by giving up their heat via their uncovered head. The temperature stated on the left is the optimal temperature (as a matter of fact, this is not often feasible in the summertime).

# Where can I get information?

- From your midwife and your birth attendant
- From your paediatrician
- From the childrens' and youth health services of the boroughs

## On the phone

Counselling hotline 0180 509 95 55 (Germany-wide) with a hotline for pregnant smoking women and teenage mothers (12 ct./min.)

## On the Internet

- [www.babyschlaf.de](http://www.babyschlaf.de)
- [www.rund-ums-baby.de/gesundheit\\_baby](http://www.rund-ums-baby.de/gesundheit_baby)
- [www.kinderschlaflabor.net](http://www.kinderschlaflabor.net)

## From accredited sleeping labs

- Klinik für Kinder- und Jugendmedizin Lindenhof, telephone +49.30 5518-5054, fax -5300
- Klinik für Kinder- und Jugendmedizin Ev. Waldkrankenhaus Spandau, telephone +49.30.3702-1025, fax -1027

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und Gleichstellung



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