



parent information

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**Important advice:
safe and healthy sleeping
for your baby**

Infants need a lot of sleep. In the first few months they sleep on average 16 to 19 hours a day. At three months they still need around 13 to 15 hours a day. We would like to provide you with the information you need in order to create an optimal sleeping environment for your baby.

In a baby's first year of life **cot death** during sleep can occur. Fortunately, this happens very rarely. Nevertheless, there are still babies dying of cot death in Germany.

A few simple precautions can help to reduce the risk for your child to a minimum. The recommendations overleaf are scientifically approved and well tested in practice.

Your doctor or your midwife will be pleased to provide further assistance.

*We'd like to wish you
happiness and a lot of joy
with your child!*

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On the back

Place your baby on its back to sleep from the very beginning – even for daytime naps. This is the most important precaution you can take for a safe sleep for your baby.

In a sleeping bag

Baby sleeping bags are safer than blankets (your baby cannot kick them off or pull them over its head). When buying a sleeping bag, you should take care that it is not too big for your baby. The neckline should not be bigger than your baby's head. In specialist baby stores you can find special sleeping bags for newborns.



In a cot in the parents' bedroom

In its first year of life your baby should sleep in a cot in your bedroom.

Not too hot

Keep the bedroom at a temperature of not more than 18 °C (65 °F) – even during winter. If your baby feels sweaty around its neck, its sleeping environment is too warm.

Smokefree

Smoking in pregnancy and after birth puts your baby at an increased risk of illness as well as cot death. Don't smoke in the house and don't smoke in the presence of your baby.



Breastfeeding is good for your baby

If possible you should breastfeed your baby for six months. This is good for its general health and strengthens its immune system.

Please take care that your baby cannot get stuck under bedding, baby nests or cuddly toys.

