

PARENTAL
INFORMATION

A safe and healthy sleep





Tips for your child's safe and healthy sleeping

The causes of sudden infant death have been investigated intensively for many years. It is now proven that taking simple precautions in how the child sleeps can greatly reduce the risk of sudden infant death.

These aspects are important

- Your child is **safest lying on the back**. Lay your child on the back when sleeping. Your child can enjoy lying on the stomach when awake.
- Your child likes to be close to you. Let your child be near you in the room but sleeping **in his/her own cot**. Your child only likes to come into your bed to snuggle up and cuddle.
- Your child prefers to sleep on a solid base. Therefore place your child on a firm mattress in the cot. Do not use a pillow or sheepskin and make sure your child does not slip under the bed cover with its head and is not covered by stuffed animals or cuddly rags. **A sleeping bag is safest.**
- Your child does not like to sweat. It is not necessary to dress your child with a bonnet or gloves to go to sleep. Stroke your child's neck with the back of your hand to check his/her temperature. **The ideal room temperature is 18°C.**



This is how your baby sleeps correctly.

- Your child **will suffer from** cigarette, cigar or pipe smoke. Ensure a smoke-free environment.
- If your child is used to a dummy, let him/her always have this in bed.
- The recommended **vaccinations reduce the risk** of sudden infant death.

If you have further questions, please do not hesitate to contact hospital staff, your child's family doctor or the mother/father advice centre.

Diese Broschüre ist in verschiedenen Sprachen auf der Webseite vom Kinderspital Zürich abrufbar.

Keto fletushka mund ti gjeni në gjuhë të ndryshme në faqen e internetit të Spitalit të Cyrihit për Femije.

Ovu brošuru možete pronaći na raznim jezicima na Internet stranici Dečje bolnice.

This brochure is available in different languages on the website of the Childrens Hospital Zurich

Cette brochure est disponible en plusieurs langues sur le site internet de l'hôpital de l'enfance de Zurich.

L'opuscolo è disponibile in diverse lingue sul sito dell'Ospedale Pediatrico di Zurigo.

Ova je brošura dostupna na različitim jezicima na web stranici dječje bolnice u Zürichu.

Esta brochura pode ser consultada em diferentes idiomas no website do hospital pediátrico Kinderspital Zürich.

Această broşură este disponibilă în diferite limbi pe pagina de internet a Kinderspital Zürich.

Эту брошюру можно скачать на разных языках на веб-сайте Детской университетской больницы г. Цюриха.

Ovoj brošuri priredenoj na više jezika može se pristupiti na internet stranici Dečije bolnice u Cirihu.

Este folleto puede consultarse en diferentes idiomas en la página web del Hospital Infantil de Zürich.

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Bu broşür Zürich Çocuk Hastahanesinin Web sayfasından farklı dillerde indirilebilir

www.kispi.uzh.ch/broschueren

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