



## parent information

Further information and a guideline to select a baby sleeping bag are posted on the internet at:  
[www.lgl.bayern.de](http://www.lgl.bayern.de) -> Babyschlaf

Institutions and professionals can order this brochure under:  
**Telefon 09131 6808-5436**  
**Fax 09131 6808-5397** or under  
**ZPG-Bestellungen@lgl.bayern.de**

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Infants need a lot of sleep. 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!*



### On the back

Place your baby on its back to sleep from the very beginning. During playtime your baby should be placed in prone position. Please observe your baby in prone position.

### In a sleeping bag

Please use a baby sleeping bag. For information consult your paediatrician, midwife or specialist baby store. A guideline for the selection of a baby sleeping bag you find on the internet at: [www.lgl.bayern.de](http://www.lgl.bayern.de) -> Babyschlaf



### 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 in the car. Don't smoke in the presence of your baby. A helpline for quit smoking helps you in your approach: **Telephone 0800 1418141.**



### 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.**

