



Accident prevention

Child-safe home
Travelling safely
Help/action in an emergency

Breastfeeding and nutrition

Good nutrition for the child
Complementary food and family meals
Breastfeeding and working



Sleeping and crying

Safe infant sleep
Dealing with crying
Rituals and routines



You don't want a visit at home, but have questions?



We can also provide telephone counselling!
Or we can go for a walk together.

In some neighbourhoods, you can also visit us with your baby.

Find our services in other languages and more information about our TippTapp program and our counselling topics here:



www.gesundheitsamt.bremen.de/tiptapp



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TippTapp

... erste Schritte ins Leben



COUNSELLING DURING THE FIRST YEAR

Home-visit program for families with small children



TipTapp is a program offered by the Bremen Health Department for families with babies

Do you have questions about your baby and your family?

We would like to support you and your baby. For this purpose, we offer free counselling.

TipTapp is available in various neighbourhoods across Bremen.

We are health professionals (paediatric nurses) and can visit you at home if you wish.

**free of charge
voluntary
confidential**

We offer 3 home visits during your baby's first year of life:



Our first visit is shortly after your child is born.

Our next visit is when your child is 6 months old.

We visit you again when your child is 1 year old.

You can have more appointments if you wish.

We answer questions and give advice on topics about the child and family.

We provide information about services in your neighbourhood.

And we look forward to talking to you about your child's development.

OUR TOPICS:

Care

Washing & bathing
Healthy baby skin
Brushing teeth



Health care and vaccinations

Preventive examination
Vaccinations
Childhood diseases



Support and development

Age-appropriate games
Language & motor skills
Media



Parent/child relationship

Time together
Shaping interaction
Family situation



Facilities for families with young children

Parent-child groups
Nurseries and day-care centres
Contact points & offers in the neighbourhood

