



Accident prevention

Maxicosi, pram etc.
Help/action in an emergency
Baby-safe home

Breastfeeding and nutrition

Nutrition in the postnatal period
Breastfeeding counselling
Alternative nutrition (bottle feeding)



Sleeping and crying

Safe baby sleep
Dealing with crying
Rituals and routines



Maybe, questions only come up once you are back at home.
Then you can give us a call.
Or send us an email.
We can also call you at home.
Please feel free to contact us.



0421 361 151 38

@ tipp-tapp-pre@gesundheitsamt.bremen.de

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



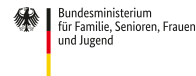
www.gesundheitsamt.bremen.de/tiptappre



CONTACT:

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Gefördert von:



Freie
Hansestadt
Bremen


TippTapp
— PRE —



COUNSELLING
ALL AROUND BIRTH

Support services for pregnant women
and families in maternity hospitals

Gesundheitsamt  Freie
Hansestadt
Bremen

 Gesundheitsamt

Dear Parents (to be)

This is the start of a new and exciting time. A time that brings much joy, and occasionally also questions and challenges.

TippTapp pre is a counselling service from the Bremen Health Department specially 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.

free of charge
voluntary
confidential



We will visit you on the wards in the Klinikum Bremen Mitte hospital and in the Klinikum Bremen Nord hospital when you are pregnant or your baby has already been born.

Are you seeking a midwife for your postnatal care?

Do you have fears, worries or stresses around the birth?

Would you like to connect with other parents or find parent-child courses?

We are here to help and advise you!

Ask the hospital staff about us, and we'll arrange a visit or you can drop by our office.

OUR TOPICS:



Care

Skin care and belly button
Nappy changing & sore bottom
Washing & bathing

Health care and vaccinations

Preventive examination
Vaccinations
Childhood diseases



Support and development

Age-appropriate games
Posture & mobility
Media



Parent/child relationship

Bonding
Birth experience
Family situation



Facilities for families with young children

Services and support for families
Arranging aftercare
Parent-child groups

