

Letters to Parents

Table of contents 1st Year of Life



Table of contents

00 | Becoming parents

Suddenly we're parents

Everyday life changes	4
Suddenly parents of multiples	4
What parents are supposed to be like	6
Remaining well-rounded	6

My child and I

Learning to interpret emotions	8
Your own feelings	8
Calming down and relaxing	10
Tips to reduce stress	11
Physical feat	12
Changes for the woman	12
Staying healthy	12
Baby blues and more	15

Detachable insert: Questionnaire on postpartum depression

Free time is becoming scarce	18
Friends old and new	18

Becoming parents, staying a couple	20
When talking becomes challenging	20
Supporting each other in a relationship	21
Intimacy and sexuality	22
Strong inside and out	24
Employment and family work	24
Household chores	25
Influences from your own childhood	26
Family: An adventure	28



01 | Your child's first month

Caring for and tending to the baby	6
Bathing and splashing	6
Cutting nails	7
Changing diapers: time for play and tenderness	9
Tips for changing diapers	9
Should you breastfeed and/or bottle-feed?	10
Breastfeeding	12
Breastfeeding problems	12
Eat healthily and drink enough fluid	12
Useful information about breastfeeding	15
Bottle-feeding	15
Clean the bottle and nipple properly	15
Dealing with prepared formula	15
Feeding twins is time-consuming	16
Breastfeeding two babies	16
Bottle-feeding two babies	17
During the night	17

02 | Your child's second month

Sucking does more than satisfy hunger

Hunger, big and small

On sleeping and lying down

Children's room or parents' room

Sleeping recommendations

By the way ...

About this header

Midwives

Mothers'/fathers' counseling

Medical consultation

Help for parents of a child with special needs

Children and secondhand smoke

Children need to feed their senses

19 Enjoying the closeness

19 Taking walks and exploring the world

Baby carriers or baby carriage?

Warmth and cold

Why do babies cry?

Infants who cry toward the evening

hours

Reasons for crying

What can you do to calm yourself and your child?

Never hit or shake a baby!

Diverse family structures and childcare options

Relatives, acquaintances, neighbors

In-home daycare

On pumping breast milk

A brief primer on good childcare

Daycare centers

Care for children with disabilities

By the way ...

Head position while lying down

Watch out for falls

Infants with sensitive skin

Babies and pets

Vision abnormalities

Protection against infections

Immunizations



03 | Your child's third month

Discovering the world	4	By the way ...	4
Stimulation: yes, but ...	4	Sweetened drinks are unnecessary	4
The development continues	4	A short turn in the baby rocker	4
Attentive listeners	4	A baby book	4
		Professional life and nursing	
		Weaning?	
Being awake and sleeping – finding the right rhythm together	9	Rights of the Child: Best interests of the child	10
Learning to sleep takes time	9	What constitutes the best interests of the child is (not) a clear-cut issue	
Further tips on falling asleep	10	The best interests of the child today and tomorrow	
Dealing with physical changes	12	Children have rights	
False ideals	12	The spectrum of the child's best interests	
Strengthen your body awareness	12		
Raising a family and earning a living	14		
A variety of challenges	14		
Maintaining old habits	15		
It's "going out time"!	17		
Paid babysitting	17		
Grandparents are important attachment figures	19		
Grandparents need time	19		
Grandparents as babysitters	19		
Why not a surrogate grandma or granddad?	21		

04 | Your child's fourth month

Being a mother	4
Conflicting emotions	4
Taking time for yourself	5
Problems with breastfeeding	6
When you run out of energy	6
Could it be postpartum depression?	7
Don't just wait and see	7
Conversations with	
“like-minded” people	7
Difficult birth experience	7
How you can help yourself	8
Being a father	10
A joint daily routine creates a bond	10
What about the difficult feelings?	10
Being parents	13
Demands, expectations, and division of labor	13
Stress and conflict	13
Single mothers and fathers	14
Relax	14



05 | Your child's fifth month

Being a girl, being a boy

Shaping expectations and ideas
The influence of role models

Go to sleep, little baby

If sleep won't come

Playing, exploring, discovering

Few but versatile toys
Your home as playground
Parents' groups and baby playgroups
What should the first toys look like?

Conversations with your child

Growing up bilingually

By the way ...

Going on a trip
Tip: Family vacation at Pro Juventute's
family oasis Chesa Spuondas
Car safety
Supplementing the milk diet
Preventative healthcare

16 More active every day

16 Watch out for falls
17 Grabbing things is fun
Little "mouth explorers"
18 Not exactly appetizing ...
18 Infection risks and hygiene

20 All in good time

20 Of big and small differences
23 Every child is different
23 Uneasy feelings

Eating does more than satisfy hunger

24 Transitioning from sucking to eating
24

Detachable insert: Your child's nutrition during the first year of life

26
26
27
27
27
27
19
19
21
First attempts at solid food
First attempts at solid food with twins
Puréed fruits and vegetables
Should you keep nursing?
Baby-led weaning
Tips on switching to a spoon
Tips on nutrition

5 The pleasure of physical contact

5 Can I hold your baby?

6 Time and desire for intimacy?

6 A little tenderness for body and soul

Even the cutest baby can test its

11 parents' patience

11 When you (almost) snap
11 Should you discipline a baby?

By the way ...

14 Kicking the night away
14 Avoid imbalanced pressure on the joints
Baby swimming



06 | Your child's sixth month

There is no such thing as the perfect parent

Everyone knows exactly what parents should do

Illness and feeling unwell are a part of life

Fever and other symptoms of illness
A sick child and working parents
Colds
Baby-pharmacy
On dealing with sick children
The first tooth
If a hospital stay is necessary
All about teeth

Returning to work

Dividing parenting duties
Broadening your relationship network
Dependable caregivers
Planning your family's daily routine
Finding a rhythm together
Feeling overwhelmed
Making family a priority
Planning everyday routines and time periods

By the way ...

Movement recommendations for infants
Physical activity after pregnancy
Babies do not yet need any screen-based media

Understanding the world

Being all ears
First adventures

Getting ready to crawl

Turning and crawling
First play rules within your own four walls
Hazard-free crawling
Baby playgroups
Crawling children and play yards

Familiar and unfamiliar things

How to counter hostility toward children

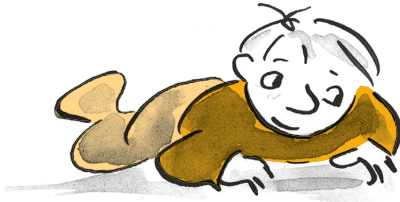
Children who need special support

Get help!
Openness and tolerance



08 | Your child's eighth month

By the way ...	22
Sitting pretty (and safely) on the high chair	22
How many meals a day?	22
Expanding the menu	22
Rights of the Child: The child within the family	24
Children need reliable caregivers	24
Parenthood changes throughout the course of childhood	24
The significance of the family	26
Children are autonomous members of the family	26
Children have rights	27



Childhood is precious	4
Alone with your child	4
Many things are easier together	7
A close bond provides security	8
Separation fears and stranger anxiety	9
Little people need respect, too	11
Stranger anxiety and childcare	12
Playing and talking	14
New noises and sounds	14
Cryptophasia or "twin speak"	15
Nursery rhymes and songs	16
On falling asleep and sleeping through the night	17
The bedtime ritual	17
Waking up at night	18
How to get twins to fall asleep and sleep through the night	18
Does your child still need something to drink at night?	18
Daytime naps and nighttime sleep	21

By the way ...	23
Baby walkers are dangerous	23
Fresh air in the nursery	23

09 | Your child's ninth month

Always exploring	5
Independence and separation anxiety	5
Peekaboo — or the ability to remember	6
Independence promotes self-confidence	6
Permitting and restricting	8
Granting lots of freedom	8
Saying no — when and how?	11
Patience, patience, patience	13
A word about hitting	13
Speaking together, learning together, being together	14



10 | Your child's tenth month

Your child is sick — what should you do? 16

Fever	16
Tips on caring for a sick child	18
What you should also know	19

By the way ... 22

Protection from the sun	22
Dogs and cats are not toys	23

Self-confidence and self-assurance 4

Joint mealtimes 6

A relaxed family table	6
Too much or not enough?	6
Making eating fun	8
From the bottle to the cup	10
Practical advice on nutrition	12

Language — the bridge between people 13

Effortlessly learning to speak	14
All in good time	14

Flexibility is called for 17

Setting priorities	18
Downtime is necessary, too	18

By the way ... 20

Emergencies	20
Burns and scalds	20
Poisoning and chemical burns	21
Choking	22
Precautions	22
Insect stings	22
Dental accidents	22



11 | Your child's eleventh month

Conflicts with your partner	4
From a couple to a family of three	6
Children and parental conflicts	7
Differences of opinion on parenting issues	9
Sometimes outside help is necessary	10
 Don't rush the first steps	 11
Seeking and offering support	11
Walking without "baby walkers"	13
 Sleep requirements are changing	 14
Sleep times can be altered	14
After an illness	14
A "lovey" helps in many life situations	16
Nightly unrest	16



12 | Your child's twelfth month

18 Playing — much more than child's play	4
18 Filling things up, taking things out, squirting and splashing, rustling and crackling	4
20 Observing, imitating, and participating	4
Playthings or things to play with	5
Toys for the beginning of the second year of life	6
Less is more	9
Attention span while playing	9
Noise or music — that is the question!	11
Nursery and play corner	11
 Children among themselves	 13
What if there's fighting?	13
 Twins and multiples	 15
So similar and yet so different	15
Twins and multiples among themselves	18
Games and toys for twins	18
Make it possible for them to have their own experiences	18

13 | Your child is one year old

If the partner is absent	19	A running start into the new year	4
What about the other parent?	21	First steps?	4
		Holding on and letting go	7
The role of today's grandparents	22	Developing their own will	10
Grandparents can be like this or that	22	I want!	10
Differing opinions and beliefs	22	I don't want to!	12
A section especially for grandparents	22	Testing limits	12
When grandparents are also caregivers		Eating like grownups	13
or foster parents	24	Spanking is not a parenting technique	14
		Yes and no in parenting	15
Rights of the Child:			
The right to life and full development	28	First words	16
Requirements for a full development	28	From imitation to dialogue	16
Development through learning	28	Wordsmiths and others	18
The right to play	30	Growing up bilingually	18
Children have rights	31		
		Another tooth	20
		Still breastfeeding?	20
		Bottles and pacifiers	23



Index

A

accident 05|6; 08|23
accident prevention 05|5; 10|21
accident prevention 05|5; 10|21
allergies 01|15; 02|26; 02|22; PD|19
07|11; 09|23; 10|22
arguments, conflict 04|13; 09|13; 11|4
attachment 08|8
 cuddly blankets, stuffed animals
 08|12; 11|16
 detachment 06|3; 13|10
 independence 09|5; 13|4; 13|10
 physical contact, tenderness towards
 the child 01|9; 02|4; 05|22; 09|19;
 11|18
 separation anxiety 08|9; 09|5
attachment figures 03|15
a will of their own 13|4; 13|10

B

baby care 01|6
baths 01|6

changing diapers 01|9; 02|26; 05|5
cutting nails 01|7
massage 02|4; 02|12
skin care, skin irritations 01|6; 02|22
02|26; 09|22; 10|20

baby-led weaning
baby-pharmacy 06|8
baby playgroups 5
baby rockers 03|22
babysitter 03|17; 03|19; 08|9; 08|12
10|20
baby walkers 08|23; 11|13
baths 01|6
bedtime rituals 04|18
behavior that is hostile to children 07|14
bicycle trailers, bicycle seats 11|20
bilingualism 04|24; 13|18
bottle-feeding 01|10; 01|15; 07|2211|16
bowel movements 01|10; 05|19
breastfeeding 01|10; 01|12; 03|23; 04|6;
05|19; 13|20
breastfeeding problems
 mother's nutrition 01|12

pumping at the workplace 03|23
pumping milk 02|19
sucking 01|19; 02|4
weaning

C

caregivers 02|17; 06|14; 12|24
carriers 02|7; 02|12
car seats 02|8; 04|27; 06|18
cereals PD|20
changing diapers 01|9; 02|26; 05|5
childcare 02|17
 attachment figures 03|15
 babysitter 03|17; 03|19; 08|9; 08|12
 10|20
 caregivers 02|17; 06|14
 contact with other children 05|8; 12|13
 grandparents 00|10; 03|19; 12|22
 in-home daycare providers 02|17
conflict 04|13
conflicting emotions 00|8; 04|40; 5|27
contact with other children 05|8; 12|13
course offerings 02|4; 09|14

crawling 07|7; 09|5; 11|11
cross-eyedness 02|27
cuddly blankets, stuffed animals 08|12;
11|16
cutting nails 01|7

D

daycare centers 02|17; 02|22; 06|14
detachment 06|3; 13|10
development 02|17; 03|4; 04|20; 05|11
05|22; 06|13; 06|18; 07|18; 08|6; 08|8
09|5; 11|11; 12|15; 12|19; 13|4
a will of their own 13|10
detachment 06|3
exploring, discovering 03|4; 04|20;
07|5; 09|5; 13|4
fear of strangers 08|11
memory 09|6; 10|8
pace of development, developmental
differences 03|4; 05|11; 07|18; 08|14
physical development 05|11
play 03|4; 03|10; 04|17; 04|20; 07|7;
08|14; 08|18; 09|6; 11|18; 12|4; 12|13
sensory perception 02|4; 02|10;
03|4; 05|6; 07|5
speech development 04|24; 08|14;
13|16
disabilities 02|22; 04|50; 7|18

discipline 05|29; 07|13; 09|13; 10|8
Dogs and cats are not toys 09|23
drinking 08|18

E

eating 01|19
eating habits 05|14; 10|8
eggs 07|22
emergencies 06|8; 10|20
employment 00|24
equipment 07|9
baby rockers 03|22
baby walkers 08|23; 11|13
bicycle trailers, bicycle seats 11|20
carriers 02|7; 02|12
car seats 02|8; 04|27; 06|18
high chair 06|18; 07|22; 11|13
play yards 07|13
sleeping bag 01|24; 05|30
toys 04|16; 04|20; 04|23; 05|6;
12|45
exhaustion 00|11
conflicting emotions 00|8; 04|4;
05|27
feelings of guilt 00|15; 04|4; 06|13
overload 00|15; 04|6; 04|10; 05|27
06|16; 09|13
postpartum/postnatal depression

04|7; DI|00
stress 00|11; 05|27; 09|13
exploring, discovering 03|4; 04|20; 07|5;
09|5; 13|4
exploring with their mouths 04|20; 05|6
07|5

F

family mealtimes PD|20; 10|6
eating habits 05|14; 10|8
high chair 06|18; 07|22; 11|13
family organization 00|20; 00|25; 03|14
06|16; 08|4; 10|18
father's role 00|4; 03|14; 04|10; 06|4
fear of strangers 08|11
feelings of guilt 00|15; 04|4; 06|13
fever 01|21; 06|7; 06|10; 09|16
freezing purée 05|21
fruit PD|18; 05|17; 10|9

G

gender identity 04|16
grandparents 00|10; 03|19; 12|22
relationship with the grandparents
03|19; 12|22
grasp 05|6; 07|5; 08|14; 12|7

H

head posture 02|26

health 00|12

accident 05|6; 08|23

allergies 02|26; 02|22; PD|05; 09|23;
10|22

baby-pharmacy 06|8

bowel movements 01|10; 05|19

cross-eyedness 02|27

emergencies 06|8; 10|20

fever 01|21; 06|7; 06|10; 09|16

hearing 06|8; 07|5

hospital stay 06|11

immune system 05|8; 06|7

medical advice 01|8; 02|22; 06|11

overheating 01|23; 02|8

preventative healthcare 02|26

skin care, skin irritations 01|6; 02|22
02|26; 09|22; 10|20

smoking 01|24; 01|27; 07|9

three months' colic 02|12

zero-to-three colic 02|12

hearing 06|807|5

help 00|10; 01|19; 02|22; 03|15; 06|16
07|20; 08|7; 08|17; 12|22

household 00|25; 02|17; 03|14;
04|13; 06|16; 0|18

relaxation 02|14; 04|6; 04|14; 04|26;

05|26; 06|16

vacations and recreation 04|14;
04|26

high chair 06|18; 07|22; 11|13

hitting, spanking 02|14; 05|27; 09|13
13|14

hospital stay 06|11

household 00|25; 02|17; 03|14; 04|13
06|16; 10|18

family organization 00|20; 00|25;
03|14; 06|16; 08|4; 10|18

stress 00|11; 05|27; 09|13

I

illness 06|7

immune system 05|8; 06|7

independence 09|5; 13|4; 13|10

in-home daycare providers 02|17

Insurance 02|23

intimacy and sexuality 00|20; 00|22
05|24

L

learning to walk 07|7; 08|23; 11|11;
12|15; 13|4

M

massage 02|4; 02|12

mealtimes 01|19; 03|23; 05|14; DI|05
07|22; 08|19; 10|6

meat 07|22; 10|121; 3|13

medical advice 01|8; 02|22; 06|11

memory 09|6; 10|8

Mental load 06|14

midwives 01|26

mothers'/fathers' counseling 01|2609|14

mother's nutrition 01|12

mother's role 00|4; 00|15; 03|14; 04|4
06|4

N

nutrients 01|12; 10|6; 10|12

eggs 07|22

fruit PD|18; 05|17; 10|9

meat 07|22; 10|12; 13|13

sweetened drinks and foods 03|22
PD|17; 06|12; 10|12

sweets

vegetables PD|17; 05|17; 05|21;
10|9; 10|12

nutrition 01|10

baby-led weaning

bottle-feeding 01|10; 01|15; 07|22;
11|16

breastfeeding 01|10; 01|12; 03|23;
04|6; 05|19; 13|20

- cereals PD|20
- drinking 08|18
- family mealtimes PD|05; 10|6
- mealtimes 01|19; 03|23; 05|14;
PD|05; 07|22; 08|19; 10|6
- nutrients 01|12; 10|6; 10|12
- nutrition plan PD|05
- purée PD|05; 05|17
- solid foods 01|15
- nutrition plan PD|05

O

- overheating 01|23; 02|8
- overload 00|15; 04|6; 04|10; 05|27;
06|16; 09|13

P

- pace of development, developmental
differences 03|4; 05|11; 07|18; 08|14
- parent counseling 01|26
 - mothers'/fathers' counseling 01|26
09|14
- parent education 04|14; 09|14
 - course offerings 02|4; 09|14
 - parent counseling 01|26
 - parent emergency hotline 02|14
 - parent groups 04|5
 - parent emergency hotline 02|14

- parent groups 04|5
- baby playgroups 5
- parenting 04|17; 09|11; 11|4; 11|9
 - bilingualism 04|24; 13|18
 - discipline 05|29; 07|13; 10|8
 - parenting styles 00|26; 03|19; 06|4;
08|6; 09|8; 11|4; 11|9; 12|22
 - prohibitions 07|9; 09|8; 13|15
 - self-confidence 06|14; 09|6; 10|4
 - setting limits 05|22; 07|9; 07|14;
09|11; 13|15
 - violence 04|13; 05|27; 11|10; 13|14
- parenting styles 00|26; 03|19; 06|408|6;
09|8; 11|4; 11|9; 12|22
- parenting values 11|9
- parents' relationship 00|20; 03|1504|13;
05|24; 11|4; 11|10
- pets 02|26; 07|11; 09|23
- physical contact, tenderness towards the
child 01|9; 02|4; 05|22; 09|19; 11|18
- physical development 05|11
 - crawling 07|70; 9|5; 11|11
 - grasp 05|6; 07|5; 08|14; 12|7
 - head posture 02|26
 - learning to walk 07|7; 08|23; 11|11;
12|15; 13|4
 - smiling 00|8; 03|3
- physical violence 04|13play 03|4; 03|10

- ; 04|17; 04|20; 05|2207|7; 08|14; 08|18;
09|6; 11|18; 12|4; 12|13
 - toys 04|16; 04|20; 04|23; 05|6; 12|45
- play yards 07|13
- postpartum/postnatal depression DI|00
04|7
- preventative healthcare 02|26
- professional life 00|24; 03|14; 03|23;
06|13
- pumping at the workplace 03|23
 - rights, labor laws 03|23
- prohibitions 07|9; 09|8; 09|23; 13|15
- pumping at the workplace 03|23
- pumping milk 02|19
- purée PD|05; 05|17
 - freezing purée 05|21

R

- reconciling family and career 03|14
- relationship 08|4; 11|4
 - arguments, conflict 04|13; 09|13;
11|4
 - intimacy and sexuality 00|20; 05|24
 - parents' relationship 00|20; 03|15
04|13; 05|24; 11|4; 11|10
 - violence 04|13; 05|27; 11|10; 13|14
- relationship with the grandparents 03|19;
12|22
- relaxation 02|14; 04|6; 04|14; 04|26

05|26; 06|16
rights, labor laws 03|23
Rights of the Child 03|24; 07|24; 12|28
role models 04|17; 11|7
 behavior that is hostile to children
 07|14
 father's role 00|4; 03|14; 04|10; 06|4
 mother's role 00|4; 00|15; 03|14;
 04|4; 06|4

S

safety 04|27; 07|9; 10|20; 11|20
 accident prevention 05|5; 10|21
screaming 00|8; 02|10; 02|14; 03|4;
03|90; 8|18
soothing 02|4; 02|14; 08|18; 10|10
self-confidence 06|14; 09|6; 10|4
sensory perception 02|4; 02|10; 03|4
05|6; 06|18; 07|5
separation anxiety 08|9; 09|5
setting limits 05|22; 07|9; 07|14; 09|11;
13|15
sexuality 00|20; 00|22; 05|24
shaking 02|14; 05|27; 09|13
skin care, skin irritations 01|6; 02|22;
02|26; 09|22; 10|20
sleep 01|23; 02|8; 03|9; 04|18; 08|17
11|14

sleep diary 03|10; 08|21; 11|14
sleeping aids, bedtime rituals 03|10
08|12; 08|17; 11|18
sleeping bag 01|24; 05|30
sleep pattern 01|23; 02|10; 3|9;
04|18; 08|18; 08|21; 11|14
sleep diary 03|10; 08|21; 11|14
sleeping aids, bedtime rituals 03|10;
08|12; 08|17; 11|18
sleeping bag 01|24; 05|30
sleep pattern 01|23; 02|10; 03|9; 04|18;
08|18; 08|21; 11|14
smiling 00|8; 03|3
smoking 01|24; 01|27; 07|9
solid foods 01|15
songs and verses 04|24; 08|16; 10|13;
13|12
soothing 02|4; 02|14; 08|18; 10|10
speech development 03|7; 04|24; 08|14;
13|16
 bilingualism 04|24; 13|18
stress 00|11; 05|27; 09|13
sucking 01|19; 02|4
sweetened drinks and foods 03|22
PD|05; 06|12; 10|12
sweets

T

Taxes 02|23
teeth 06|10; 06|12; 10|22; 13|20
 sweets teething 06|10; 06|12; 13|20
 tooth brushing
 teething 06|10; 06|12; 13|20
temper tantrums 13|15
three months' colic 02|12
tooth brushing 06|12
toys 04|16; 04|20; 04|23; 05|6; 12|45
twins, multiples 00|4; 01|9; 1|16; 01|24
02|8; 02|17; 04|16; 08|15; 08|18; 12|15

V

vacations and recreation 04|14; 04|26
vegetables PD|05; 05|17; 05|21; 10|9;
10|12
violence 04|13; 05|27; 11|10; 13|14
 hitting, spanking 02|14; 05|27; 09|13;
 13|14
 shaking 02|14; 05|27; 09|13

W

walk 12|15
weaning 03|23

Z

zero-to-three colic 02|12

Pro Juventute's Letters to Parents — your expert companion from birth to the beginning of school

These practical guides for parents contain tips and suggestions that are specifically tailored to the age and developmental stage of the child. With information composed by a team of experts, these letters center on topics such as care and hygiene, nutrition, development, child rearing, as well as the role of the mother and father, relationship issues, and family-supplementing childcare. Pro Juventute's Letters to Parents cover the first six years of your child's life. In many communities and institutions, these letters are presented to new parents free of charge. They can also be ordered directly from Pro Juventute.

Pro Juventute's Letters to Parents are produced by Pro Juventute with technical input from the following specialists:

Carmen Amrein, Early childhood educator and director of a daycare center | **Marianne Botta Diener**, Dipl. Food Engineer ETH and Dipl. Teacher ETH | **Sepp Holtz**, MD, Pediatrician with his own practice, Senior Physician in the Department for Developmental Pediatrics at University Children's Hospital Zurich | **Aja Schinzel**, Mothers' and Fathers' Counselor HFD | **Heidi Simoni**, PhD, Psychologist specializing in psychotherapy FSP, Director of Practical Research at the Marie Meierhofer Institute for the Child

Specialist units and professional associations

Professional Association of Lactation Consultants in Switzerland | City of Zurich's Office for Gender Equality | Forum for Practical Pediatrics | Binational Interest Group | mannebüro züri (men's bureau Zurich) | Marie Meierhofer Institute for the Child | Couples Counseling, counties Hinwil and Pfäffikon ZH | The Swiss Competence and Coordination Centre for Accident Prevention | Swiss Society of Pediatrics | Swiss Association of Midwives | Kindesuisse – Swiss Childcare Association | Swiss Association of Mothers' and Fathers' Counselors | Center of Dental Medicine, University of Zurich | Center for Small Children, Winterthur

Imprint

Publisher: Pro Juventute, Letters to Parents
Director: Noa Stemmer-Holtz
Program coordination: Melissa Siagian
Editor: Yvonne Bugmann, Noa Stemmer-Holtz
Translation: Birgit Schmidt-Rösemann
Editing: Melissa Snyder
Photo: istockphoto.com
Cartoons: Claudia de Weck
Cartoon coloring: Dominik Bontus
Graphics: Valentin Stucki

© Pro Juventute, Zürich, 2023

Information and orders

Pro Juventute, Letters to Parents
Thurgauerstrasse 39, Postfach, 8050 Zürich
Telephone 044 256 77 33
contact@projuventute.ch

Order directly from our online store
www.projuventute.ch/letters-to-parents

Changes in address

Notify Pro Juventute if your address changes to ensure seamless delivery: projuventute.ch/change-address

Donate now to support Pro Juventute's projects for children and young people in Switzerland!

Account for donations:
IBAN CH73 0900 0000 8000 3902 1



Now with TWINT!

1. Scan the QR code with the TWINT app
2. Confirm amount and donation

projuventute.ch

PUBL-7004

