



Gesundheitsdepartement des Kantons Basel-Stadt

Medizinische Dienste

► Prävention



“A healthy
start in life”

Information about nutrition, physical activity
and health for parents of babies and children
up to 5 years of age



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Dear Parents,

You probably often wonder about your child's health and need answers to questions such as "Is she drinking enough?", "Why isn't he sleeping?", "Is she developing normally?", and others besides. Being a parent means taking on responsibility for the health of a child, and that's not always easy. There are various groups of people, such as paediatricians and parent counsellors, whose job it is to assist you in this important task.

The Basel-Stadt Health Department is also keen to make sure that our children develop healthily. Its Health Promotion and Prevention Office has put together this brochure for the parents of babies and children up to the age of 5 with the aim of drawing attention to some important aspects of child health and to the support and advice which is available locally in the Canton of Basel-Stadt.

We are delighted to recommend this brochure for you to read now and keep for reference, and wish all families – and especially the children in Basel-Stadt – a healthy start in life and good health.

Medizinische Dienste Basel-Stadt, Abteilung Prävention

What small children need

Your child has a major influence on the way you plan your day and your life. Being a parent means that you have to pay a lot of attention to your child, and that your own needs often have to take a back seat. But don't worry: everything will work out given time.

Little personalities, big needs

Small children require your full attention when they're exploring their world. Go with them on their voyage of discovery! Your child needs your help, your affection and the certainty that you will support it. Even babies can keep you on your toes: they cry because they're hungry, can't sleep, feel unwell or are bored.

Confidence grows with time

At the start you may be unsure of how to handle your child, how best to give it the support it needs. Trust your feelings. As time goes by, you and your child will find the right way together. This also means setting the limits that your child needs to show it the way.

A voyage of discovery

Babies and toddlers want to discover the world. They're curious and want to get to grips with their surroundings. They investigate people and objects – everything their little hands can reach goes into their mouths. Support your child in its quest to discover the world, and let it experience things in its own way.



Variety is the spice of life

Small children need variety. Do things with your child, go for a walk, go to the playground, visit other children and their parents. Children don't need a lot of toys to occupy themselves – give your child a cuddly animal or building blocks that he or she can handle. Toys that can be used in many different ways stimulate your child's imagination.

Ask for advice if you need it

Are you unsure how to care for your child, or do you have questions about breastfeeding, your child's sleep pattern or other needs? Do you want to meet up with other families with small children, or do you need someone to help you? The Parents' Advice Service will be happy to provide advice and support (see page 28 for addresses and telephone numbers). If necessary, ask to talk to someone who speaks your language. You can also talk to your paediatrician if you have questions.

Feeding your child

The food that your child eats provides it with everything it needs to develop healthily. This is why a balanced and healthy diet with regular meals is important even for very small children.

Nutrition in the first few months of life

Breast milk is the best food for your child in the first four to six months after birth. It contains all the nutrients children need and strengthens their immune system. It also helps to prevent allergies. If you are bottle-feeding your baby, ask your maternity advisor or your paediatrician about suitable baby formulas. There should be a break between feeds. Don't leave the bottle with your child all the time.

Breastfeeding increases energy and fluid requirements

A breastfeeding mother needs about 200 to 300 kcal more energy per day. Eat carbohydrates regularly to keep your blood glucose levels stable. This means bread, pasta (wholemeal) or fruit. Drink at least two litres of water, diluted fruit juice or fruit tea a day. Some foods pass into the breast milk. For this reason you shouldn't drink more than three cups of coffee or black tea per day, and you should avoid alcohol.

Nutrition up to your child's first birthday

After four to six months you can start to introduce baby cereal. Start with just one type so that your child can get used to it. Your child will also be drinking breast milk or from a bottle, plus water or unsweetened tea. You can gradually add other types of cereal, at the same time increasing the amount of cereal and reducing the number of times you give your child the breast or a bottle. Make sure that your child is coping with these new foods.



Caution in the first year

In the first year, you should avoid salt, spices and sugar in your child's food. Children should not drink substantial amounts of undiluted cow's milk until after their first birthday. You can, however, give them two or three spoons of plain yogurt or cereal made up with milk from the age of around nine to twelve months. Your child should only eat raw fruit and vegetables under supervision. Children should not eat nuts during their first year because of the risk of choking. Don't give your child honey because it can cause health problems.

Seeking advice

If you have questions about feeding your child, you can ask a breastfeeding advisor, midwife, maternity advisor or paediatrician. Information on where to find these people starts on page 28.



Recommendations for the *second* year

After about ten to twelve months you can feed your child the same way as older children or adults. Sometimes it takes several attempts before children will eat new foods.

Plenty of fruit and vegetables

If possible, your child should eat fruit and vegetables at every meal. Five portions per day are ideal. One portion is about one handful. To start with, you should cut fruit and vegetables up small or liquidise them. Fruit, raw vegetables and wholemeal bread are good if your child gets hungry between meals.

Dairy products are important

Your child should eat dairy products once or twice every day. Dairy products are milk, yogurt, quark, cheese and buttermilk. Various nutrients in dairy products are needed to build strong bones and help your child to grow.

Bread, potatoes, rice and pasta are good fillers

Bread, rice, pasta and potatoes form the basis of a healthy diet. Use wholemeal products wherever possible. They contain more nutrients and keep hunger at bay for longer than products made from refined flour. Carbohydrates should be a part of every meal.



Drinks

Give your child water or unsweetened fruit or herbal tea to drink. You can also offer unsweetened, diluted fruit or vegetable juice at mealtimes. Avoiding sugary drinks such as iced tea and cola helps to prevent tooth decay and obesity. Teas sold specially for children often contain sugar too.

Be sparing with fat and sugar

Use fat sparingly. You should preferably use high-quality oils such as canola, sunflower and olive oil. Steam or poach food and use only a little oil for frying. Don't serve deep-fried foods. Many ready meals also contain a lot of fat. If you give your child sweets, do so only at the end of a main meal. You should always clean your child's teeth afterwards. This approach protects against tooth decay and obesity.

Eating with the family

Children should eat with their family at the table as soon as they can sit. Children are part of the family, and this teaches them that it is important to eat together and to take time over meals. Regular meals are important in providing children with the energy they need. It is recommended that you serve three main meals and two snacks per day.

Healthy milk teeth

Milk teeth that are free of decay and well cared for are important in ensuring that children can chew their food properly and do not develop toothache. Dental caries – in other words holes in the teeth – develops when teeth are not cleaned after the child has consumed food or drinks containing sugar.

Caring for the first teeth

As soon as your child's first tooth grows, it should be cleaned at least twice a day. Use a soft children's toothbrush, a training toothbrush or a teething ring with bristles, plus a little toothpaste containing fluoride. Teeth should be cleaned after meals and after your child has eaten or drunk sweet things.

Don't put your child's spoon, dummy or bottle in your mouth. Doing so could transfer bacteria from your mouth which could give your child caries.

Practice makes perfect

Let your child clean their own teeth. You will, however, have to clean small children's teeth again afterwards and check that they really are clean. Even with older children – up to the age of about eight – it's still a very good idea to clean their teeth again after they have cleaned them, at least in the evening. Damage to the milk teeth can impair the health of the child's permanent teeth.

Clean your child's teeth – and avoid pain and expense

Damaged milk teeth cause pain and require a trip to the dentist to be repaired. Your health insurance will not pay for this treatment. In Basel-Stadt, parents of young children receive a voucher for annual dental check-ups for the child from their paediatrician when they take the child for its routine medical check-up at the age of two. The dental check-ups are free of charge until the child starts kindergarten. More details can be found on page 29.



Physical activity for your child

Physical activity is very important for your child's development. Activity allows children to become more familiar with themselves and others, enabling them to cope with their environment. Make sure that your child has plenty of opportunity for activity at every age.

Individual progress

Children discover and learn a vast number of things in their first few years. All develop at their own speed. Milestones in a child's development (such as being able to hold his head steady, creeping, sitting, walking etc.) happen automatically and in a specific sequence.

Various lying positions

Babies can lie on the floor on a warm, padded cover. Put them in a variety of positions throughout the day, such as their side, tummy or back. After a few months, when they are more mobile, they will need more assistance and other ways of moving around.

Grasping

Children's ability to use their hands improves from the age of six months. At this point your child will be able to pass a toy from one hand to the other, for example, or drop things on the floor. Mobility also supports the child's ability to perceive and identify objects. Give your child toys or everyday objects made of different materials to investigate.

Young children are active

Children have a natural urge to move and enjoy moving around a lot. Small children should have one to two hours of intensive physical activity such as playing, running or climbing every day. There are many ways in which you can help your child to follow his or her natural instinct to be active, and these include visiting the playground, going for walks and go on



voyages of discovery in the country. Children can't overdo it when they're playing; they naturally take short breaks to recover.

Orientation in a group

Playing with other children is a way for your child to get to know themselves and the others better. Group play enables children to learn to assess their own abilities and to compare themselves with others. Children motivate each other, copy from others and discover new things together. They play, satisfy their curiosity and experience fun and pleasure together.

Child-and-parent activities

There are swimming courses for babies and toddlers, while gym groups for the child and a parent are another fun activity that you can both share. You will find more information page 33.

Promoting healthy development

Give your child enough physical freedom to develop. If you have any questions, or are unsure about your child's development, get in touch with the Parents' Advice Service or your paediatrician.

Staying healthy out and about

Being out in the fresh air is healthy. Not only will your child benefit from being outside; it'll be a breath of fresh air for you as well. Explore your surrounding with your child. There are so many things that you can use to stimulate your child. And a walk with other parents will make a nice change for you.

Outdoor activities

There is nothing to stop even young children playing outside. Give your child a ball or a balloon and see how imaginative their play can be. Your child can play in a playground, a park, the woods or in the garden. In the winter children can go tobogganing or play in the snow, in the summer they love to ride their bicycles, balance bikes or tricycles.

Well protected against the cold and sun

Children can play outside in any weather. Warmly lined, wind and water-proof shoes, trousers and jackets protect them from the rain and cold. Hats and gloves add the finishing touches. Your child shouldn't be dressed too warmly to play outside. It's particularly important to protect a child's delicate skin from the sun. Babies should be kept in the shade. Use special suntan creme for small children. Good protection from the sun also requires a hat, sunglasses and clothing that keeps the skin covered as much as possible.



Learning by playing

Children learn automatically while they're playing. They use all their senses to discover the world around them: their ears, eyes, nose, mouth, hands and feet. Your child wants to find out how things sound, smell, taste and feel.

Playthings

Children can play effectively even if they don't have many toys. All they need is a doll, for example, a piece of material or an everyday object such as a wooden spoon or the lid of a saucepan. It's important that the things they play with are not sharp, breakable or too small, because babies and toddlers put everything in their mouths so they can find out more about it. They could injure themselves or swallow small toys.

Types of games

Children enjoy emptying things out and putting them back again, or hiding them so that they can search for them. Drawers or boxes are useful for this type of play, with pans, bowls, cooking utensils or textiles which the child can tidy away and take out again.

Other children, new experiences

Even very young children actively experience play with other children. By interacting with another child, your child can learn valuable lessons for life. It's important for your child to be in contact with other children of the same age. These may be siblings, the children of friends, or children in a playgroup, for example.



Children need to learn to sleep

First of all, your child needs to learn to distinguish between day and night. It will take a while before it sleeps through without waking up or needing to feed.

Waking at night

In the first few months after birth it is normal for a baby to wake several times during the night. Your child will soon fall asleep again without help. If your child often wakes up and can't get back to sleep, you should seek advice at an early stage. A maternity advisor or paediatrician can tell you what to do.

A regular routine

A clearly structured day will help your child to sleep through at night. This is important because it creates a regular rhythm during the day and at night. Make sure that your child's daytime naps aren't too long as otherwise it won't sleep at night. From the third month, try to keep to regular feeding and sleeping times. End the day with a bedtime ritual, such as a lullaby.

The better way to sleep

Make sure that the temperature in your child's bedroom is between 18 and 20°C. Babies should lie on their backs. As time goes by, children will start to change position on their own. Don't give your baby a pillow to prevent suffocation. The amount of sleep that young children require varies enormously.



Understanding and talking

Your child can already express well-being or displeasure from the third or fourth month. This is the age at which children start to burble and gurgle as they try out various sounds. From nine months they can produce longer sounds and make intensive use of the letter a. As time goes by, these individual syllables take on greater meaning: your child begins to say words.

Understanding language

Children understand language long before they can speak. From the age of about five months they can tell whether you are talking in a friendly or strict tone of voice. From seven months they can also understand simple sentences and respond to questions. From about the tenth month your child also understands the word “no”.

Using baby talk

Many parents use baby talk with their children. They use simple words, usually spoken in a higher than normal tone of voice. This baby talk won't harm your child; in fact it encourages an exchange between you and your child. As the child gets older, though, you should switch to using normal language.

Learning a mother tongue

When you speak to your child, use the language which you speak best. Talk to your child about what you're doing at the moment. Listen to your child, tell them stories, and praise them when they try to say things. The better children speak their first language, the easier it will be for them to learn other languages.

Growing up with two languages

If the parents speak different languages, it's important for each parent to speak only the language which he or she speaks best when talking to the child. It's OK for your child to make mistakes and mix the languages up.



This is normal, and will disappear gradually. It may take time for your child to be able to express itself in both languages.

Help in learning German for the whole family

Children who speak another language will need to learn German. The easiest way for them to do so is by playing with other children or attending a playgroup. Mums and dads can attend German courses where childcare is provided. Details can be found on page 33.

Books and other material

Would you like to tell your child stories sometimes, or read to them? You can borrow books from a public library for a small fee, and this will provide you with an endless supply of new stories and picture books for your child. Details can be found on page 33.

Everyday hazards

Babies and toddlers are very curious and want to discover the world. They put everything in their mouths as a way of finding out more about it, and are often unable to sense danger.

Careful, don't let your baby fall

Never leave babies alone when they're lying on the changing table or sofa. They could fall and hurt themselves. Stairs are dangerous even for children who are too young to walk, because they can tumble down them. Children should always wear a helmet for their own protection when they're doing things like riding their bike.

Don't leave windows open

If you want to air your flat or open a window while you're cooking, make sure that your child can't climb on a chair to get to the window or reach the windowsill. Ideally, you should secure your windows with special child-proof catches.

Protect you child against electrocution, burns and drowning

Electrical sockets should be covered with child-proof covers. This will protect your child against an electrical shock. Ensure that your child cannot reach saucepans on the stove. Hot water and oil can scald your child, and steam can also cause injury. Garden ponds or containers of water must be secured to prevent your child from falling in and drowning.

Caution: be aware of poisons

Medicines must be kept out of the reach of children. Ensure that children cannot reach cleaning products, detergents or chemicals; they could put them in their mouth and poison themselves. When you buy plants for the garden or home, ask in the shop whether they are poisonous. If your child swallows any form of poison, telephone 145 for help.



Road traffic

Young children are often unable to recognise complex situations or dangers. This puts them at risk when crossing the road, for example. Practice situations such as crossing the road or walking on the pavement with children so that they learn the correct behaviour.

Protection against passive smoke

Keep your flat smoke-free for the sake of your child. Children who live in smoky rooms are at greater risk of developing respiratory diseases. Cigarette smoke can also cause infections of the ears and eyes. Cigarettes and ashtrays must be kept out of children's reach because they contain poisonous material.

Limit television

Television is unnecessary but totally fascinating for young children. They are unable to process what they are watching, so they should not watch television at all until they are two. Three- to six-year-olds should not watch more than 30 minutes of television per day. They should not have a television in their bedroom.

When your child is ill

The protection conferred on a child by its mother's antibodies while it is in the womb and later in breast milk decreases steadily after the age of four months. Being ill is part of growing up for children; this is how the body's immune system is developed and trained.

Colds, temperatures and gastrointestinal infections

The most common illnesses in children are colds and gastrointestinal infections. Children have a fever when their temperature rises above 38.0°C. A raised temperature is between 37.5 and 38.0°C, a normal temperature is generally considered to be up to 37.5°C.

Medicines and medical care

If your child is ill, ask your paediatrician for advice. The rule of thumb is: the younger the child, the sooner you should consult a doctor about any health problems. Only give your child medicines recommended by a health care professional.

Attention and care

Sick children are often apathetic and have no appetite. This is normal. Make sure your child drinks enough. Pay sick children plenty of attention, because they will usually be emotional if they're not feeling well, and will need closeness and a feeling of security to get better again.



Your child's doctor

In the same way as you rely on your general practitioner when you have health problems, you should choose a paediatrician to give you advice and support and provide treatment for illnesses.

Monitoring health and development

The paediatrician will assess the physical, emotional and mental development of your child and will carry out screening examinations and vaccinations. You can also talk to your paediatrician if you're worried about your child's health or development. This will enable prompt and correct action to be taken if your child is ill or has development problems. You can also discuss subjects such as nutrition and sleep with your paediatrician.



The paediatrician is your first point of contact

If your child has a health problem, the paediatrician is always the first person you should talk to. You can call the practice and ask for an appointment or for advice on the phone in an emergency. At night, at the weekend and on public holidays you can also call the paediatrician's practice to find out where to get help.

Health care costs

Enrol your child with a health insurance provider while you are pregnant. Health insurance is mandatory in Switzerland. Your child is insured comprehensively against illness and accidents by the mandatory health insurance system. This health insurance also covers the cost of vaccinations and screening examinations. You will have to pay a contribution of 10% in each case.

Medicines

If your child needs special medicines, these will be prescribed by the paediatrician. You can obtain the medicines from a pharmacy by presenting the prescription. The child's health insurance will pay some of the costs.

Emergencies and emergency numbers

In an emergency – for example if your child is seriously ill or has had an accident – contact your paediatrician, the paediatric emergency service (phone 061 261 15 15) or the emergency medical service (phone 144).

If your child has been poisoned contact the poisons centre (phone 145).

Health screening

Very important developments take place at every age. It is therefore vital to identify abnormalities in children's development as early as possible so that they can be given appropriate medical care. For this reason, regular screening examinations by a paediatrician are recommended.

Monitoring your child's development

Children go through a particularly large number of developmental stages in their first year and should be examined by their doctor correspondingly often. This will give you the security of knowing that everything is OK. After the age of two, screening examinations take place at longer intervals. The paediatrician will assess your child's physical development, mobility, hearing, sight and speech. The screening examinations provide an opportunity to discuss various subjects such as nutrition, vaccination, sleep, behaviour and the way you are bringing up your child.

Screening examinations take place at the following ages:



Recommended vaccinations

Vaccinations can protect your child effectively against serious diseases and their consequences. Your paediatrician can provide you with additional information and answer your questions.

The Swiss vaccination schedule (2018) recommends the following vaccinations for your baby or toddler:

Age	Vaccination	Comments
2/4/6 months	<ul style="list-style-type: none">• <i>Diphtheria, tetanus, whooping cough</i>• <i>Polio, Haemophilus influenzae type b</i>• <i>Pneumococci (only at 2/4 months)</i>	Three vaccinations at intervals of 2 months
12 months 12–15 months	<ul style="list-style-type: none">• <i>Measles, mumps, rubella</i>• <i>Pneumococci, meningococci C</i>	
15–24 months	<ul style="list-style-type: none">• <i>Diphtheria, tetanus, whooping cough</i>• <i>Polio, Haemophilus influenzae type b</i>• <i>Measles, mumps, rubella</i>	Boosters 2nd dose
4–7 years	<ul style="list-style-type: none">• <i>Diphtheria, tetanus, whooping cough</i>• <i>Polio</i>• <i>Measles, mumps, rubella</i>	Boosters Catch-up vaccination for children who have not been vaccinated before

Information about the diseases involved

Diphtheria: This is a disease of the respiratory tract which can be life-threatening and lead to suffocation.

Tetanus: Tetanus bacteria get into the body through wounds and attack the nerves. This can cause extremely painful muscle spasms and may ultimately result in death. Tetanus bacteria are found everywhere.



Whooping cough (pertussis): Whooping cough is a highly contagious respiratory disease which can lead to respiratory standstill and death in babies.

Meningitis caused by Haemophilus influenzae type b: This disease can cause serious permanent damage and may lead to death.

Polio: This disease causes paralysis that results in permanent disability or death.

Measles: Possible complications such as encephalitis (inflammation of the brain) can lead to permanent disability or death.

Mumps: The disease can lead to encephalitis or permanently impaired hearing.

Rubella (German measles): The disease poses a great risk for unvaccinated women in the first four months of pregnancy because it can cause serious malformation of the unborn child.

Pneumococci: This disease can cause serious permanent damage as a result of encephalitis or sepsis (blood poisoning) and may lead to death.

Meningococci C: This disease can cause serious permanent damage as a result of encephalitis and may lead to death.

Advice and addresses

Parents' Advice Service

In addition to medical care by a pediatrician, parental consultation is the most important support for families with babies and small children from birth to entrance into nursery school (kindergarten). It supports mothers and fathers in their duties as parents and facilitates contact with other families. Parent advisers are specialists in lactation, feeding, care, development and sleep, weight and growth control, child-upbringing as well as medical questions. In Basel, this service is offered to all families free of charge and consists in:

- advice in counselling centres with and without an appointment
- advice by telephone
- advice to parents at home

Elternberatung Basel-Stadt

Freie Strasse 35, 4001 Basel, 3. Stock links

Telefon 061 690 26 90

info@elternberatung.ch

www.elternberatungbasel.ch

www.baslerfamilien.info

Advice by telephone: Mon, Tues, Thurs, Fri 8–12 a.m. and 2–5 p.m.,
Wed 2–5 p.m.

The counselling centre on the Freien Strasse is open daily. Information about neighborhood counselling centres: www.elternberatungbasel.ch

Breastfeeding advice at Basel University Hospital

A qualified nutrition and breastfeeding counsellor is available to answer questions or assist you with problems while you are in hospital and after you have been discharged.

Appointments can be made by phoning 061 265 90 94

Universitätsspital Basel

Frauenklinik

Spitalstrasse 21, 4031 Basel

Telefon Zentrale 061 265 25 25

Paediatricians

The addresses of paediatricians are listed in the Basel-Stadt telephone directory under *Ärzte* (doctors) or *Kinder- und Jugendmedizin* (paediatric medicine) and on the Internet at www.kindermedizin-regiobasel.ch.

Paediatric emergency service: Phone 061 261 15 15

The University Children's Hospital of the Two Basel Cantons (UKBB)

Spitalstrasse 33, 4056 Basel
Telefon 061 704 12 12
www.ukbb.ch
www.bewegter-lebensstart.ch

Dental check-ups for toddlers

Any SSO-affiliated dentist (members of the Swiss Dental Society) will carry out the free annual dental check-ups for toddlers in Basel-Stadt. Alternatively, you can go to the school dental clinics in Basel and Riehen.

UZB-Schulzahnklinik Basel

St. Alban-Vorstadt 12, 4052 Basel
Telefon 061 284 84 84, Fax 061 284 84 89
zkb-szk@bs.ch, www.uzb.ch

Schul Zahnpraxis Riehen und Bettingen

Schmidgasse 23, 4125 Riehen
Telefon 061 641 68 00
schulzahnpraxis@diezahnaerzte.ch, www.diezahnaerzte.ch

Schweizerische Zahnärztesgesellschaft (SSO) Sektion Basel

Birsigstrasse 2, 4054 Basel
Telefon 061 312 02 81
sekretariat@sso-basel.ch, www.sso-basel.ch

Early Development Centre

The services provided by the Early Development Centre are intended for families with babies and pre-kindergarten children whose development is causing concern and who live in Canton of Basel-Stadt.

Our offer includes among other things:

- Counselling parents and guardians about topics such as child development, language and speech of children, children with a handicap, child-upbringing, special support and relief for the family
- developmental-psychological clarification
- speech and language clarification
- curative early education
- speech and language therapy
- co-operation with and counselling from specialists in early development (e.g. in play-groups, in day-care centres ...)

Interpreters are available to assist parents and guardians who speak foreign languages. The Early Development Centre is staffed by specialists in remedial an speech therapy, psychology and social work. The services they provide are generally free of charge.

Zentrum für Frühförderung, Abteilung Jugend- und Familienangebote

De Wette-Strasse 3, 4010 Basel

Telefon 061 267 85 01

zff@bs.ch, www.zff.bs.ch

Monday to Friday, 8–11.30 a.m.,

Monday, Tuesday, Wednesday, Friday 1.30–5 p.m.

Childcare outside the home

If you are employed or in training, a day-care centre or a day-care family can assume the care of your child. Please find out about the available childcare options at an early stage. The Day Care Centre Agency or the Day Care Family Office can provide you with information. Parents must pay for day care; the fees are determined by the parents' income.

Allocation of places and contact address:

Vermittlungsstelle für Tagesheime in Basel

Freie Strasse 35, Postfach, 4001 Basel

Telefon 061 267 46 14

vermittlung.tagesbetreuung@bs.ch

www.tagesbetreuung.bs.ch

Kontaktstelle Tagesbetreuung Riehen

Wettsteinstrasse 1, 4125 Riehen

Telefon 061 646 82 56

tagesbetreuung@riehen.ch, www.riehen.ch

Geschäftsstelle Tagesfamilien Basel-Stadt

Freie Strasse 35, Postfach, 4001 Basel

Telefon 061 260 20 60

info@tagesfamilien.org, www.tagesfamilien.org

Links to family supplementing child-care:

- The Swiss Creche Portal:
www.kinderkrippen-online.ch/Kinderbetreuung/Basel-Stadt.aspx
- Liliput Childcare – Childcare in Switzerland:
<http://kinderbetreuung.liliput.ch>
- Association of Day Care Families in north-west Switzerland:
www.vtn.ch
- IG Spielgruppen Schweiz (Association for Play Groups in Switzerland)
www.spielgruppe.ch
- Information platform for childcare:
www.kinderbetreuung-schweiz.ch

Parent-and-child gym groups

Taking exercise together strengthens the bond between parents and their child, provides children with a way to let off steam, and is good for the health of both parents and child. The various local gym groups in the Basel-Stadt Gymnastics Association offer parent-and-child gym courses. Fourteen neighborhood meeting places in Basel offer various opportunities for parents with their children.

Geschäftsstelle Turnverband Basel-Stadt

Postfach 571, 4005 Basel, geschaeftsstelle@tv-bs.ch
www.turnverband-basel-stadt.ch

Quartiertreffpunkte Basel (Neighborhood meeting places in Basel)

www.quartiertreffpunktebasel.ch

Finding the right German course

GGG Migration helps you without cost in 15 languages to find a German course.

GGG Migration

Eulerstrasse 26, 4051 Basel
Telefon 061 206 92 22
mail@ggg-migration.ch, www.ggg-migration.ch

Opening hours: Monday to Friday, 9–11 a.m. and 2–6 p.m.

Overview of German courses in the Basel area: www.integration-bsbl.ch

Borrowing books, music and DVDs

GGG Stadtbibliotheken Basel

GGG Stadtbibliotheken (public libraries) Basel consists of the main office and six neighborhood branches. Annual membership for children is free of charge if you live in Basel-Stadt.

GGG Stadtbibliothek Zentrum

Im Schmiedenhof 10 (Rümelinsplatz), 4051 Basel
Telefon 061 264 11 11, Fax 061 264 11 90
info@stadtbibliothekbasel.ch, www.stadtbibliothekbasel.ch

Opening hours: Monday 12–8 p.m., Tuesday, Wednesday, Thursday, Friday 10 a.m.–8 p.m., Saturday 10 a.m.–5 p.m., Sunday 11 a.m.–4 p.m.
(Sundays open only between 1 October and 30 March)

Gemeindebibliothek Riehen

Gemeindebibliothek Riehen is a public library with an office in the village and in the Rauracher Centre.

Bibliothek Dorf

Baselstrasse 12, 4125 Riehen

Telefon 061 646 82 39

gemeindebibliothek@riehen.ch, www.bibliothek-riehen.ch

Opening hours: Mon, Wed, Fri 2.30–6.30 p.m., Tues 2.30–9 p.m., Thurs 9–11 a.m. and 2.30–6.30 p.m., Sat 10–12.30 a.m.

JUKIBU

JUKIBU – intercultural library for children and young people lends out books, CDs and DVDs in more than 50 languages. In addition, readings, theme events or guided tours for school classes are organized. Borrowing costs Fr. 5.00 per year. Holders of a family pass receive a reduction.

JUKIBU

Elsässerstrasse 7, 4056 Basel

Telefon 061 322 63 19

info@jukibu.ch, www.jukibu.ch

Opening hours: Tues–Fr 3–6 p.m., Sat 10–12 a.m.



Further information

Gesundheitsdepartement des Kantons Basel-Stadt

Medizinische Dienste

Abteilung Prävention

md@bs.ch

www.gesundheit.bs.ch