



WHAT DOES IT MEAN TO BE "PARENTSPLUS"?

COSA VUOL DIRE ESSERE GENITORIPIÙ?

You are, as parents, the protagonists of your children's health: Since the moment when you decided to conceive them, day by day during pregnancy, step by step during their first years. At every time in your baby's life, the care that only a caring and well informed parent can give, is extremely important.

For this reason, we decided to promote 7 actions for child's health: 7 extremely important actions for you but above all for your baby. Every single action protects your baby from more than one problem. All together, these actions are a health capital for his/her future. You, as parents, can do really a lot: What you do is more effective if every action is supported by the others actions.

An important example? Vaccinations: A simple, effective and safe way to protect your children from dangerous illnesses that cannot be cured with an effective therapy. Vaccinating your children means protecting all the children's health, but everybody's commitment is needed if we all want to benefit from this action.

So, being "Parentsplus" means being protagonists of your child's well-being. But it also means making a good use of the Health Care Service: We committed ourselves to promote these 7 actions together with you, in order to guarantee a better health, more protection and more safety to your children and to the community.

The DEPARTMENT promotes 7 actions through the work of health care professionals; The Department has been committed itself for long to guarantee the proper protection to all children through vaccinations thanks to the cooperation between vaccination services and pediatricians.

È UNA CAMPAGNA DEL



*Ministero del Lavoro della Salute
e delle Politiche Sociali*

www.ministerodellasalute.it
www.genitoripiù.it

Con il patrocinio di

ACP Associazione Culturale Pediatri

ASNAS Associazione Nazionale Assistenti Sanitari

FNCO Federazione Nazionale dei Collegi delle Ostetriche

IPASVI Federazione Nazionale Collegi Infermieri Professionali

Assistenti Sanitari, Vigilatrici d'Infanzia

SIGO Società Italiana di Ginecologia e Ostetricia

SIN Società Italiana di Neonatologia

SIP Società Italiana di Pediatria

SITI Società Italiana di Igiene

fimp

Federazione Italiana Medici *Pediatri*

unicef



guadagnare
salute

rendere facili le scelte salutari



Regione Emilia-Romagna



www.grafikamente.it

7 ACTIONS FOR YOUR BABY
THE PERFECT NUMBER FOR LIFE

genit  ri più

prendiamoci più cura della loro vita

INGLESE

Coordinamento progetto: Az. USL Forlì

Traduzioni a cura: Coop Sesamo Cooperativa di Intermediazione Culturale e Sociale di Forlì

**TO BE "GENITORIPIÙ" (PARENTSPLUS),
YOU JUST HAVE TO DO SEVEN SIMPLE
ACTIONS. SEVEN SIMPLE ACTIONS THAT
ARE IMPORTANT FOR THE WHOLE LIFE**

PER ESSERE GENITORIPIÙ,
BASTANO SETTE SEMPLICI AZIONI. SETTE SEMPLICI
AZIONI CHE VALGONO UNA VITA INTERA

1 TAKE FOLIC ACID IN ADVANCE

PRENDERE PER TEMPO L'ACIDO FOLICO

Take care of your son before conceiving him/her: Folic acid is a vitamin and if you take it before conception and during the first 3 months of pregnancy, it can prevent serious malformations. Its consumption is safe. Ask to your family doctor.

**2 DO NOT SMOKE DURING
PREGNANCY AND NEXT
TO THE BABY**

NON FUMARE IN GRAVIDANZA E DAVANTI AL BAMBINO

Keep your baby safe from smoking: Smoking during pregnancy is dangerous for the baby's health. Also passive smoking is really bad when he/she is still a baby: Do not allow anyone to smoke in the house and close to him/her. Ask information to your doctor or to your midwife.

3 BREAST-FEED YOUR BABY

ALLATTARLO AL SENO

Breast-feed your baby. Breast-feeding is the most natural thing and breast milk is the best food: During the first six months of his/her life, your baby does not need anything else. Then go on breast-feeding him/her, also when he/she is one year old or more. Breast milk protect him/her from many illnesses, when he/she is a baby and also when he/she grows up. And it is good also for the mum. Talk about it with your family and with health care professionals.



**4 PUT HIM/HER
SLEEPING ON THE BACK**

METTERLO A DORMIRE A PANCIA IN SU

Put your baby sleeping on the back: It is the safest position. Together with breast-feeding and keeping him/her away from smoke, it helps to prevent "sudden infant death syndrome" (SIDS). It is also important that the temperature in the room is 20°C and that your baby is not too hot.

**5 PROTECT YOUR BABY IN THE
CAR WITH THE BABY SEAT**

PROTEGGERLO IN AUTO CON IL SEGGIOLINO

Always use a baby safety seat in the car, also for short trips. Make sure that the safety seat conforms to the law: It must be suitable to the baby's weight, it must be the right size and properly set. Check that the chair has the European ECE Regulation R44/03.

6 GET YOUR CHILD VACCINATED

FARE TUTTE LE VACCINAZIONI CONSIGLIATE

Vaccinating you baby means protecting him/her and other children from many infectious diseases. Some of them are really dangerous and, thanks to the vaccinations, they are under control today. To get more information read the infancy vaccinations book and talk with your pediatrician or with the professionals in the vaccination services.

7 READ A BOOK FOR HIM/HER

LEGGERGLI UN LIBRO

Take your time and read for your baby: He/she will like a lot listening to you reading a book aloud and it will stimulate his/her cognitive and relational development. You can start when he/she is six months. Ask information to your pediatrician about the path to follow.