



Englisch

**Becoming parents and being parents are one of the most beautiful experiences in life, but also a demanding assignment. We offer support to all parents with children from birth up to the age of five.**

We advise them on topics such as

- breastfeeding
- nutrition
- care
- development
- education
- parenting

We will provide information about programmes for families with small children, e.g.

- parent-and-child meetings
- day-nurseries and childminders, assistance
- play-groups and parent-and-child gym
- advice centres and experts, possibilities of obtaining support
- variety of further trainings for parents

Every municipality has its advice centre for mothers and fathers. You can choose between getting advice in one of the centres, on the phone, by mail or during a visit at your home.

On [www.mvbo.ch](http://www.mvbo.ch) you will find the advice centre in your municipality.

[www.mvbo.ch](http://www.mvbo.ch)