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## Childcare

**If you're a parent at work or can't take care of your child for any other reason, there are several childcare options.**

There are day-care centres, day-care families or childcare services that supplement the school. There, the children are cared for during the day.

In this way, you as parents can reconcile family and career.

Check which childcare is best for you and your child:

### Mittagstisch / Hort: supervised lunchtime

The schools offer supervised lunches, where the children are cared for over lunchtime. Everyone receives a healthy, warm and varied meal.

After the meal, the children have games and drawing materials at their disposal and they can also do homework there.

Information can be obtained from the school secretariat and on the school's website.

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### Kita: Day nursery

A daycare center (also called **Kita** ([📍 Day nursery](#))) looks after children aged 0 to 4 or 6 years. It is usually Monday to Friday for 11-12 hours.

The day-to-day care is organised in a regular daily routine. The children eat together and there are play and rest times.

You can find out about a **Kita** ([📍 Day nursery](#)) in the canton of St.Gallen online or ask at the municipal office.

[📄](#) List of childcare services in the Canton of St.Gallen

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### Day family / day care

In the day family, one or more children are cared for in the day family's own household. This is regularly possible on an hourly, half-day or full-day basis.

The care in the day family has particular strengths: The caregiver is always the same. This can create a close bond with the child. In addition, the group of children is small and the care can therefore be individually designed.

[📄](#) List of Day Family Organizations

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### Childcare in an emergency situation

The **Swiss Red Cross (SRC) St.Gallen** can help you with childcare in an emergency situation.

Childcare comes to your home and helps when:

- You as parents are ill, have an accident or are in hospital
- You are temporarily in a difficult situation (e.g. after childbirth, separation, pregnancy, death, etc.)

For residents of the city of St.Gallen, the **childcare service of the Women's Centre** is responsible. For more information, call 071 222 04 80.

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### Contact points

Find the right contact point, advice or authority in your area: [Contact points](#)

