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Infants

Early childhood is a crucial phase of your child's life.

Help your child discover the world and learn as much as possible.

Meet other parents with toddlers and get advice from professionals.

The children learn German through play and there are even offers in the children's mother tongue.

Mütter- und Väterberatung: Advice for families with small children












































Your child develops very quickly in the first stage of life. This also comes with challenges. As parents and guardians, you will receive free advice in all situations.

The counsellors of the [Mütter- und Väterberatung](#) ([? Counselling centre for mothers and fathers](#)) Service are experts in the following topics:

- General development of the child from 0 to 5 years old
- Breastfeeding
- Infant formula (Formula)
- Sleep
- Introduction to complementary foods
- General nutrition in children from 0 to 5 years of age
- Education / Health / Prevention
- Coping with conflicts in the family
- Networking with other families

Here you can find the counselling centre in your place of residence:

Directory of the Canton of St. Gallen

-  Information (tigrinya)  PDF, 246 kB
-  Information (deutsch)  DE  PDF, 155 kB
-  Information (italienisch)  IT  PDF, 153 kB
-  Information (farsi)  PDF, 140 kB
-  Information (russisch)  RU  PDF, 143 kB
-  Information (bosnisch)  HR_HR  PDF, 154 kB
-  Information (portugiesisch)  PT  PDF, 154 kB
-  Information (spanisch)  ES  PDF, 144 kB
-  Information (tamil)  PDF, 134 kB
-  Information (türkisch)  TR_TR  PDF, 153 kB
-  Information (englisch)  EN  PDF, 153 kB
-  Information (französisch)  FR  PDF, 154 kB
-  Information (kumandschi)  PDF, 154 kB
-  Information (arabisch)  AR_TN  PDF, 303 kB
-  Information (somalisch)  PDF, 143 kB
-  Information (albanisch)  SQ_AL  PDF, 144 kB

Familienzentrum: Meeting place for families

At the [Familienzentrum](#) (📍 [Family centre with advice and services for families with young children](#)) you will meet other families. The children can play together and you will receive interesting tips for everyday family life.

Depending on the [Familienzentrum](#) (📍 [Family centre with advice and services for families with young children](#)), there are playgroups, parent education offers, childcare options or creative activities.

In some places, you will also find counselling services such as [Mütter- und Väterberatung](#) (📍 [Counselling centre for mothers and fathers](#)) or parenting advice.

Here you can find all family centres in the Canton of St.Gallen:

- [Meeting Centre ZentRaum Au-Heerbrugg](#)
 - [Meeting Centre Dorfplatz 1 Diepoldsau](#)
 - [BiB library with counselling and meeting services St.Margrethen](#)
 - [Parents' Child Centre Gugelhuus St.Gallen](#)
 - [Family and Meeting Centre Reburg in Altstätten](#)
 - [Family get-together Buchs](#)
 - [Family Centre Eggersriet](#)
 - [Family Centre Gerbi4 Oberuzwil](#)
 - [Grabs Family Centre](#)
 - [Lichtensteig Family Centre](#)
 - [Family Centre Rapperswil-Jona](#)
 - [Family Centre Sarganserland](#)
 - [Sevelen Family Centre](#)
 - [Family Centre St.Gallenkappel](#)
 - [Family Centre tiRumpel/Brache Lachen St.Gallen](#)
 - [Family Center Uzwil](#)
 - [Family get-together Wattwil](#)
 - [Familienwerk Wittenbach](#)
 - [Family Center MuKidi Weesen](#)
 - [Generationenhaus Gommiswald](#)
 - [Track 1 Oberriet](#)
 - [Kafitreff Family Centre Gaiserwald](#)
 - [Day Structure and Family Meeting Quarten](#)
 - [Hit Egg Underwater](#)
 - [Quartiertreff Lindenhof Wil](#)
 - [Quartiertreff Rorschach](#)
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Playgrounds

Playgrounds can be found in every place of residence, for example at schools, kindergartens or in public places.

The public playgrounds are mostly owned by the municipality. They are free and accessible to all.

Private playgrounds belong to a residential complex, a school or a shop: there are special rules about who is allowed to play there.

Ask your neighbours or other parents where there are playgrounds nearby.

Spielgruppe: Regular playing in a group

In the [Spielgruppe](#) (📍 [Supervised group meeting of toddlers playing together](#)), the toddlers play, sing and do handicrafts together.

The children meet several times a week for 2-3 hours to play. A trained [Spielgruppen](#) (📍 [Supervised group meeting of toddlers playing together](#)) teacher supervises the children. The [Spielgruppe](#) (📍 [Supervised group meeting of toddlers playing together](#)) is voluntary and you pay a fee for each hour.

Ask at the municipal office or search for a [Spielgruppe](#) (📍 [Supervised group meeting of toddlers playing together](#)) near you on the following website:

Directory

Encourage playing, speaking, and reading

