

English > Living together > Families > Infants

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 ZentRuum 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](#)
-

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

Read stories aloud at " "Schenk mir eine Geschichte" (🌐 Event where a children's book is narrated in your native language)

Children can best develop their language skills if they have a good knowledge of their mother tongue.

In "Schenk mir eine Geschichte" (🌐 Event where a children's book is narrated in your native language) a reading animator reads stories aloud and explains picture books in the children's native language.

Information on " "Schenk mir eine Geschichte" (🌐 Event where a children's book is narrated in your native language) in your area can be obtained from the **Regional Office for Integration**.

Information about the offer

-  Info (italienisch) 🌐 IT 📄 PDF, 410 kB
-  Info (türkisch) 🌐 TR_TR 📄 PDF, 413 kB
-  Info (tamilisch) 📄 PDF, 1164 kB
-  Info (deutsch) 🌐 DE 📄 PDF, 411 kB
-  Info (spanisch) 🌐 ES 📄 PDF, 464 kB
-  Info (französisch) 🌐 FR 📄 PDF, 412 kB
-  Info (albanisch) 🌐 SQ_AL 📄 PDF, 412 kB
-  Info (tigrinya) 📄 PDF, 451 kB
-  Info (englisch) 🌐 EN 📄 PDF, 410 kB
-  Info (portugiesisch) 🌐 PT 📄 PDF, 411 kB
-  Info (arabisch) 🌐 AR_TN 📄 PDF, 839 kB

Learning to Speak

Speak to your child as much as possible in your mother tongue: if the child speaks the **mother tongue** well, it will also be easier for him to learn German.

-   (tigrinya) 📄 PDF, 778 kB
-  Habla conmigo y escúchame (spanisch) 🌐 ES 📄 PDF, 679 kB
-  Fala comigo e escuta-me (portugiesisch) 🌐 PT 📄 PDF, 708 kB
-  Parle-moi et écoute-moi (französisch) 🌐 FR 📄 PDF, 690 kB
-  Benimle Konuş ve Beni Dinle (türkisch) 🌐 TR_TR 📄 PDF, 672 kB
-  Parla con me e ascoltami (italienisch) 🌐 IT 📄 PDF, 694 kB
-   (arabisch) 🌐 AR_TN 📄 PDF, 227 kB
-  Talk to Me and Listen to Me (englisch) 🌐 EN 📄 PDF, 686 kB
-  Fol me mua dhe më dëgjo (albanisch) 🌐 SQ_AL 📄 PDF, 7126 kB
-   (tamil) 📄 PDF, 10456 kB
-  Sprich mit mir und hör mir zu (deutsch) 🌐 DE 📄 PDF, 638 kB
-  Pričaj sa mnom i slušaj me (bosnisch kroatisch serbisch) 🌐 HR_HR 📄 PDF, 707 kB

"Book Start" package in many languages

Each newborn child receives a "Book Start" package as a gift. Your child will be happy if you talk to him, tell stories and read aloud from books right from the start.

-  Ailede Dil ve Okuma Teşvîği (türkisch) 🌐 TR_TR 📄 PDF, 2139 kB
-  Di nava malbatê de lipêxistina xwendinê (kurmandji) 📄 PDF, 2139 kB
-  Eveil au livre en famille (französisch) 🌐 FR 📄 PDF, 2139 kB
-  Fomento de la lectura en la familia (spanisch) 🌐 ES 📄 PDF, 2139 kB
-  Growing with stories (englisch) 🌐 EN 📄 PDF, 9519 kB
-  Incentivar a leitura em família (portugiesisch) 🌐 PT 📄 PDF, 2139 kB
-  Mit Geschichten wachsen (deutsch) 🌐 DE 📄 PDF, 9481 kB
-  Podsticanje/ Poticanje čitanja u porodici/ obitelji (kroatisch) 🌐 HR_HR 📄 PDF, 2139 kB
-  Promozione della lettura in famiglia (italienisch) 🌐 IT 📄 PDF, 2139 kB
-  Të rritesh me përralla (albanisch) 🌐 SQ_AL 📄 PDF, 9482 kB
-   (arabisch) 🌐 AR_TN 📄 PDF, 2327 kB
-   (tamil) 📄 PDF, 2345 kB
-   (tigrinya) 📄 PDF, 2330 kB

In the brochure you will find tips for parents with babies and toddlers up to 4 years of age. As a mother or father, help your child to become emotionally strong:

-  Así se fortalecerá mi niño emocionalmente (spanisch)  ES  PDF, 7085 kB
-  Çocuğum bu şekilde ruhsal olarak güçlenir (türkisch)  TR_TR  PDF, 7069 kB
-  Così mio figlio cresce mentalmente forte (italienisch)  IT  PDF, 1289 kB
-  É assim que meu filho se torna emocionalmente forte (portugiesisch)  PT  PDF, 7084 kB
-  Helping my child become emotionally strong (englisch)  EN  PDF, 1288 kB
-  Kjo është mënyra se si fëmija im bëhet mendërisht i fortë (albanisch)  SQ_AL  PDF, 7083 kB
-  Na ovaj način moje dijete postaje mentalno jako (kroatisch)  HR_HR  PDF, 7055 kB
-  Ovako moje dete postaje mentalno jako (serbisch)  SH_YU  PDF, 7070 kB
-  So wird mein Kind seelisch stark (deutsch)  DE  PDF, 1289 kB
-  Voici comment renforcer la santé mentale de mon enfant (français)  FR  PDF, 952 kB
-  تمتع طفلي بالقوة العقلية بما هي طريقة (arabisch)  AR_TN  PDF, 6724 kB
-  ገዢ ግደጃ ድጋግ ድጋግ ገዢ ግደጃ ገዢ ግደጃ (tigrinya)  PDF, 7277 kB



Counselling and support services for raising children
Find counselling services in your area.

Contact points

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