

MOTHER AND FATHER COUNSELLING

FOR WHOM - our mission

*Being a mother. Being a father.
Being a family.*

Life with a newborn or a toddler brings you a lot of joy, but it is also demanding and challenging. Perhaps you still feel insecure in your role or are looking for professional support on topics such as the health, care, development, nutrition or upbringing of your child.

A new or already familiar feeling for you? We advise you on questions, uncertainties or small stumbling blocks of your baby or toddler from 0 to 4 years. We are happy to accompany you into the future with your child.

The mother and father counsellors are bound by confidentiality and are happy to be there for you: without obligation, professionally & free of charge.

Every question is important to the mother and father counsellors!

WHAT - the offer

The Mothers' and Fathers' Counselling Service is there for you with questions and concerns:

- Breastfeeding & breastfeeding problems
- Infant nutrition requirements
- Development and care of your infant and toddler
- Problems falling asleep and staying asleep
- Educational counselling
- Stressful situations and how to you can deal with them
- Dealing with illnesses of your baby and toddler
- Reconciling family and work / external childcare
- Facilitating the transition to kindergarten
- Regular checks on height and weight status
- Checking the age-appropriate development
- Relief options

We see ourselves as a triage centre. If we are not able to solve a problem, we will put you in contact with a further institution.

HOW - the procedure

Advice on the phone

- Monday to Friday 8am - 11.30am
- Tel. 027 922 30 90

Mail counselling

- mvb@smzo.ch

Counselling at your home

- After the birth
- At any time if needed

Counselling in counselling centres

- Discussion of individual questions
- Arranging and handing out information and documents on other topics, services and institutions

WHO - about us

Our counsellors have professional experience in the field of early childhood and family.

They regularly attend various further and advanced training courses on the counselling topics that correspond to today's families and their needs.

In addition, they are taking or have already successfully completed a higher professional examination to become early childhood counsellors at Careum in Aarau.

WHERE - Contact us

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www.smzo.ch

