

ASK QUESTIONS. GET ANSWERS.

Here to help.

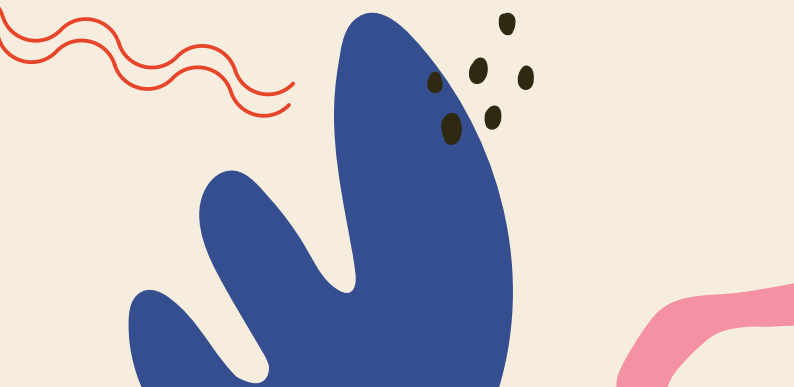
For parents of
children aged
0 - 5 years


PARENTAL ADVICE



Do you have questions about your child's development, education, diet and health or about other family-related topics?

Our team of professional advisors is here for you. We will provide free, confidential help and support for you in dealing with the challenges of daily family life, big and small.





We provide parents
with advice and support
on the subjects of

Development and education

- Weighing and measuring
- Age-appropriate development
- Day-to-day questions
(e.g. jealousy, sleep, biting, tantrums)

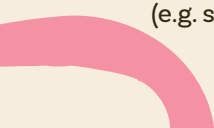
Breastfeeding, diet, development of movement

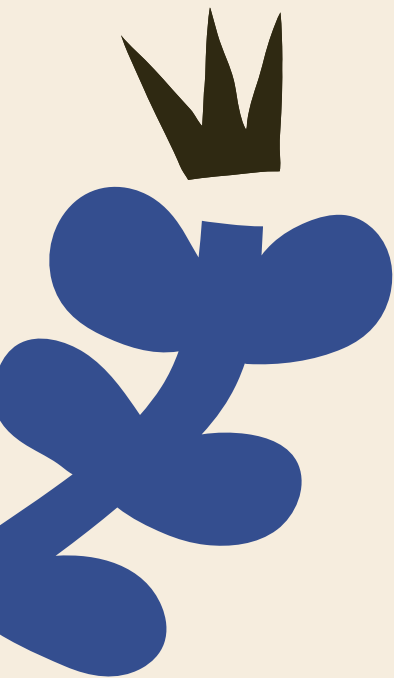
- Breastfeeding advice
- Nutrition for infants and toddlers, family meals
- Children and exercise

Health

- Caring for healthy and sick children
- Practical tips for massage, baby slings
and carriers, nappy changing
- Accident prevention

Child protection and family

- Respite opportunities
 - Child protection
 - Understanding your role as a parent
 - Triage and networking with other specialists
(e.g. speech therapists, osteopaths)
- 



We provide the following services:

- Advice at one of our advice centres
- Advice in your home
- Advice on the telephone
- Advice by e-mail
- Regional group advice services

My advice centre



Gesundheitsamt Graubünden
Uffizi da sanadad dal Grischun
Ufficio dell'igiene pubblica dei Grigioni



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