

**BEING A MOM...
BEING A DAD...
BEING A FAMILY...**



**PUNKTO STRENGTHES, SUPPORTS
AND ACCOMPANIES PARENTS
WITH CHILDREN RANGING FROM
BIRTH TO THE AGE OF 5**

PUNKTO – INVOLVED FROM THE BEGINNING

punkto accompanies you in your tasks as parents, advises you on psychosocial issues, supports you in finding your new role as a parent and promotes self-competence.

- Breastfeeding** We advise you regarding breastfeeding and difficulties you may experience.
- Nutrition** We discuss your child's individual nutrition with you.
- Development** We observe and assess your child's development with you.
- Sleep** We give you advise on your child's sleeping pattern.
- Parenting** We discuss daily parenting questions with you.
- Care** We advise you on your child's care.
- Health** We point out health beneficial behavior and prevention measures.
- Contacts** We provide contact details of other specialists and advice centers as well as family-friendly childcare options.
- Parenting** We host parenting courses. You can ask us for the course overview or find it online under www.punkto-zug.ch/kinder-jugendfoerderung/elternkurse/.

COSTS

The parenthood guidance service is financed by the canton and is free of charge for you.

CONTACT

First contact Notification of your child's birth is sent to punkto directly from the hospital and the community you are registered at. Afterwards, we will contact you personally. Of course, you can get in touch with us beforehand.

Home visits Home visits take place after you gave birth, by request. In familiar surroundings you can get to know each other and ask questions. If needed, additional appointments can be agreed on.

Consultations Consultations take place on a regular basis in all communities of canton Zug. Pre-registration is required. In exceptional cases you can set-up an individual appointment with your consultant outside of the regular consultation hours.

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