

early childhood support



**Free support for parents and carers of
children under 5.**



We cover topics including:

Breastfeeding, infant feeding, nutrition, development, sleep, media, hygiene, health and general parenting skills

We provide parent and group courses

Request a brochure from: mail@punkto-zug.ch or visit: www.punkto-zug.ch/elternkurse

Other community support

We can help you if you need to access other specialists or supplementary support systems within the Canton.

Consultations

After the birth of your baby, we are notified and would be happy to contact you to arrange a home visit or you are also welcome to visit us in the community. Please feel free to contact us earlier if you wish.

Support in the community or at home

We are happy to visit you at home and we also have a fixed location in 10 of the Zug communities. Twice a week we are available until 19.00 Visit the website to find location and opening times.

Telephone support

Mo–Fr, 8.30–11.30

Mo, Tue and Thur 13.00–15.00

International parents

We are able to support many different languages. Please email in your native language and we will provide translation services: mail@punkto-zug.ch.

Contact

Offers and on-line booking:

www.punkto-zug.ch/mvb

Telephone: 041 767 75 75

E-Mail: mail@punkto-zug.ch

