

**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. We are trained health professionals HF with specialized studies in mother- and father consulting.

- 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/.

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. You can call us or book your appointment online on our webpage. In exceptional cases you can set-up an individual appointment with your consultant outside of the regular consultation hours.

punkto Eltern, Kinder & Jugendliche
Bahnhofstrasse 6, 6340 Baar, mail@punkto-zug.ch

☎ For the hotline call 041 767 75 75, Mon – Fri from 8.30 till 11.30 @
appointment visit punkto-zug.ch or call 041 767 75 00

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

After 5 pm
and on holidays:

**Eltern
notruf**
0848 35 45 55
24h Hilfe und Beratung

