

# FREE ADVICE FOR PARENTS OF CHILDREN AGED 0-5 YEARS

We answer your questions about:  
parenting, breastfeeding, nutrition, development,  
growth, sleep, education, care, health,  
relief services / contacts, courses

The parental advisory service offers professional support to help you perform your new duties and your role as a parent / legal guardian in the best possible way.

The advisory service is financed by your municipality and public institutions.

You can contact us by phone or by e-mail.

We advise you

- by phone / online
- at home
- in the advice centres
- by e-mail

If required, we will organise an interpreter.



Mütter- und Väter-  
beratung