

**Mütter
& Väter
Beratung**



We are here
to support you.

Close to life and solution-oriented

In our counselling centres, you will receive professional counselling on topics related to your child, being a parent and parenting issues.

Do you have children between the age of 0 and 5? We accompany you individually and address your concerns competently. Take advantage of our free offer in your area. You will also find helpful tips and tricks on our website.

**Our goal:
Strengthened parents, happy children!**

**Quickly find your
counselling centre:**

→ mvbo.ch



Also available in
16 other languages



Our topics

Breastfeeding • Nutrition • Sleeping
Development • Education • Family support
Holidays and leisure • Health • Care

Frequently asked questions

- ? How do I deal with my child's sleep problems?
- ? How can I provide my child with a healthy and balanced diet?
- ? How do I deal with challenges in raising my child?
- ? How can I deal with stress and excessive demands as a parent?
- ? How can I breastfeed my baby properly or what alternatives are available to me?

