




ASK QUESTIONS. GET ANSWERS.

Here to help.

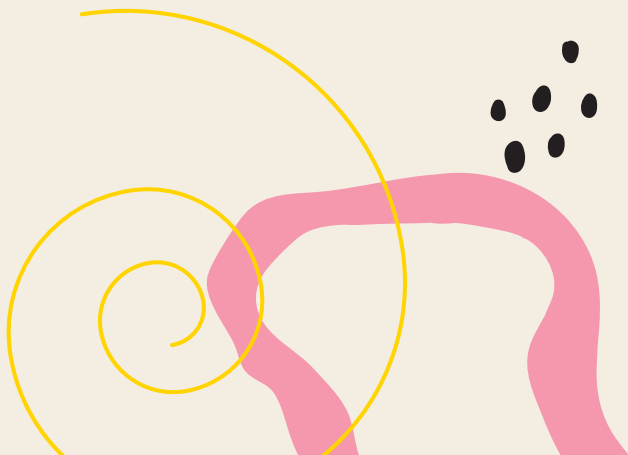


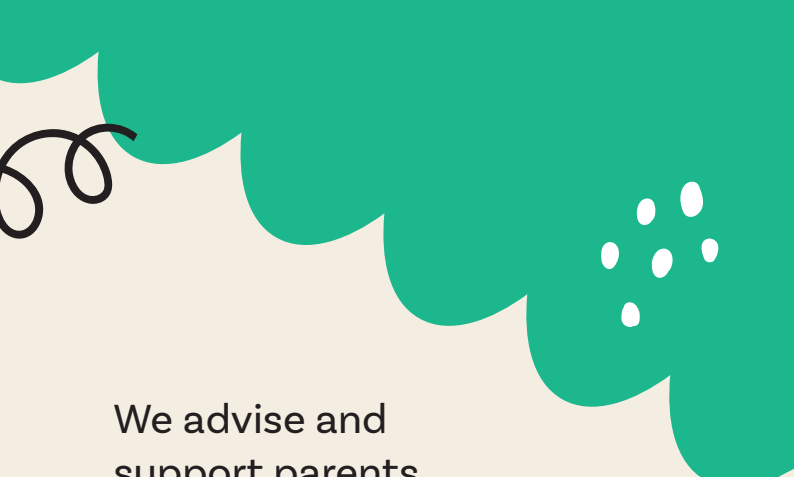
For parents
of children
aged 0-5



PARENTAL ADVICE

Parental advice is a service which supports families and is the first point of contact for any questions concerning Early Years development, from birth to 5 years. The advisers are trained specialists. Parental advice is voluntary, free and confidential and is backed by Grisons Department of Health.





We advise and support parents concerning

Development and care

- Weighing and measuring
- Age-appropriate development
- General issues (e.g. jealousy, sleep, biting, tantrums)

Feeding, diet, developing movement

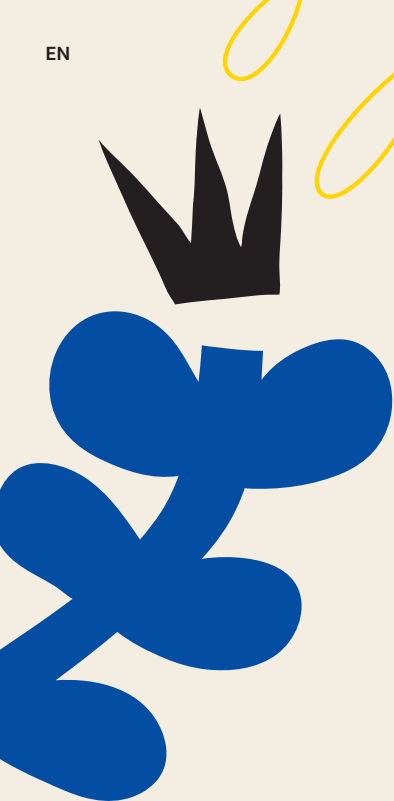
- Advice on feeding
- Weaning food, family meals
- A child's need for exercise

Health

- Looking after healthy and ill children
- Practical tips for massage, baby slings, baby changing
- Accident prevention

Child protection and families

- Respite options
- Child protection
- Determining parents' roles
- Networking with other experts (e.g. speech therapist, osteopath) and referrals



Medical emergency

Please contact your
paediatrician. If you
can't contact them:
Advice line for pae-
diatric emergencies
0900 25 66 11
(chargeable)
Emergency medical
service 144

My adviser is

