

Hello, and thank you for listening.

You're listening to information about *Familienlotsinnen und Familienlotsen Baselland*, which is a Swiss support service for families with young children, in English.

Life with small children is often lively – and sometimes quite exhausting. There are many wonderful moments, but also questions, worries, and times when you just don't know what to do next.

That's exactly when Family Guides can help.

They're experienced professionals who support families with young children.

They take time for you, listen, offer advice, and help you stay on top of things and find the right solutions for your family. The service is voluntary and free of charge.

A Family Guide will visit you at home or meet you at an agreed location. Together, you'll look at what matters most right now – maybe a bit of help day to day, support with childcare, or finding the right contact for more specialised advice.

Everything you talk about stays confidential. Your personal details are only shared if you agree.

You decide for yourself whether you'd like to use the service – and for how long. It's voluntary, and you can stop at any time.

And before we finish, just two short questions for you:

1. Would you like voluntary and free support from a Family Guide?
2. And may I share your contact details with this professional, so they can get in touch with you?

If you agree, someone will contact you in the next few days. Together, you'll talk about what kind of support fits best for you right now.

If you wish, you can also say whether you'd like an interpreter at the first meeting.

Thank you for listening – and all the very best to you and your family.