

# EccoMI

Being born and growing up in  
**Milan** in the first thousand days:  
a small guide for **new parents**



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***Our appreciation extends further to the partner associations of the Per Mano QuBi project, which include:***

APS Mitades; Cooperativa sociale Equa; Cooperativa Sociale del Giambellino;  
Cooperativa sociale Tempo per l'infanzia; Fondazione Archè onlus; Fondazione Guzzetti.

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***Printed by:***

Graphicscalve S.p.A.

***Published in***

March 2025



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# EccoMI

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a small guide for new parents

in collaboration with





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## HOW DO YOU CONSULT THIS GUIDE?

In these pages, you will find lots of information divided by topics. To orient yourself in your search, follow the legend of the colored boxes and the map of the city of Milan divided into areas.

Happy Reading!

### • RIGHTS BOX

*Here you will find bureaucratic information.*

### • HEALTH ADVICE BOX

*To inform you about what to do in terms of healthcare*

### • PARENTING ADVICE BOX

*Good habits you can adopt with your baby.*



## DOCUMENT LANGUAGE DISCLAIMER

The use of language is varied and constantly evolving to include all people, without exception.

Although there is still no consensus on the best way to implement a comprehensive language, we have explored several approaches in this paper. These strategies involve: employing grammatical terms and structures devoid of gender marking (such as participants, persons, etc.); utilising an extended feminine or masculine form for the sake of synthesis; alternating or repeating words with inflectional suffixes from various genders, etc.

Whenever we talk about parents, even where not specified, we are referring to all types of parents: single, in a heterosexual or homosexual relationship, foster, adoptive, someone caring for someone else's child for a prolonged period of time, etc.

## TEXT COMPOSITION DISCLAIMER

This brochure is aimed at people living in Milan. It offers practical information, references, and contact details for services and initiatives available in the city.

In certain instances, these references include full addresses, phone numbers, and email contacts.

In other cases, to avoid potentially outdated information, reference is made to the official websites of the services, ensuring access to the most current information.

References are provided at the end of each thematic chapter for further reading. The more detailed lists are collected in the final pages.



# INTRODUCTION

## Being born and growing up in Milan in the first thousand days: a small guide for new parents

The period from pregnancy to a child's 2-3 years is crucial for their development and decisive for their future, as this is when their brain experiences its most rapid growth in their lifetime.

For this reason, during the so-called 'first thousand days', it is crucial that children live in a secure, protective and loving environment, rich in stimuli from parents or other adults of reference.

EccoMI is aimed at people living in Milan who decide to become parents in the city. Inside you will find useful information and practical advice to navigate the area in search of the services that best meet your needs.

It is important to underline that these pages cannot replace real-life experiences and dialogue with professionals who can help you on your journey; rather, they encourage you to share your parenting experience and explore the services in the city that can support and accompany you.

**This publication is part of the Per Mano QuBi project,**

executed by **Save the Children** alongside **Cooperativa Equa**, **Cooperativa Comunità del Giambellino**, **Fondazione Guzzetti**, **Mitades APS**, **Fondazione Archè** and **Cooperativa Tempo per l'infanzia**, in association with **CSB Villaggi per Crescere**, thanks to the contribution of **Fondazione Cariplo**.

From 2020 to 2024, the initiative supported families facing difficulties with children aged between zero and three years, enhancing their access to services and building a supportive community within the neighbourhoods where it was active.





- ALL CHILDREN HAVE RIGHTS

Since 1991, Italy has ratified the **Convention on the Rights of the Child and Adolescent**. Everyone must help the child to grow up in the best possible way.





# 1. HEALTH AND WELL-BEING

Children thrive when their parents are in good physical and mental health. That is why it is essential to take care of oneself, starting with the pregnancy period.

## 1.1 During pregnancy

There are many things to know and remember at this stage. Therefore, it is crucial not to face this alone and to seek guidance from health professionals such as gynaecologists, obstetricians, general practitioners, or even paediatricians on which habits to maintain in this period to enhance the health of the expectant mother and the overall well-being of the family unit.

First of all, it is important to follow the antenatal checks provided by the SSN (our NHS, Servizio Sanitario Nazionale).

Your doctor will provide detailed information on the specific checks and examinations you are entitled to during pregnancy. Thus, once pregnancy is confirmed, it is crucial to have a comprehensive understanding of the necessary tests.

Regular check-ups during pregnancy are essential for both parents to monitor the baby's growth, assess health conditions, and receive support during this sensitive period.

**Expectant mothers can access free antenatal check-ups at public and accredited counselling centres, as well as in hospitals that have birth centres or obstetrics/gynaecology departments**

## 1. HEALTH AND WELL-BEING

### 1.2 The counselling centre: a reference point before and after pregnancy

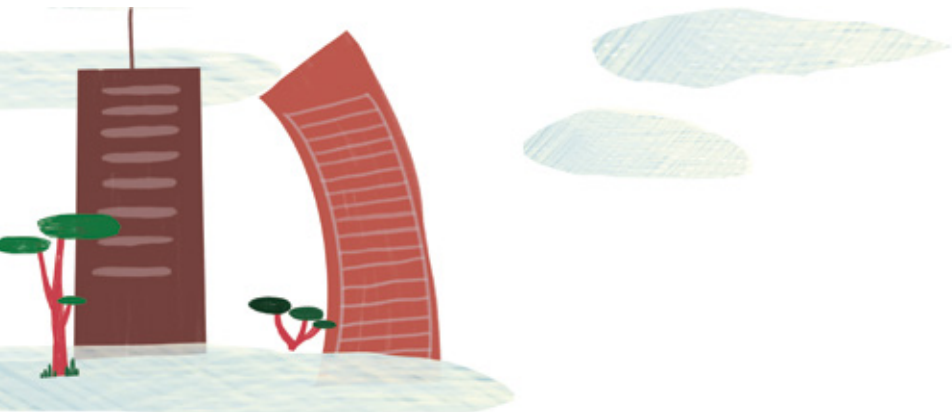
The family counselling centre offers a public social and health service aimed at safeguarding and enhancing the well-being of women, couples, adolescents and children.

**The counselling centre is available to assist with any issues related to sexuality, contraception, pregnancy, prenatal and postnatal care, menopause, breastfeeding support, and paediatric vaccinations.**

The counselling centre aims to promote health and wellbeing programmes for the whole family; it houses midwives, gynaecologists, psychologists and social workers. Occasionally, it is supplemented by additional experts, such as paediatricians, nutritionists, educators or lawyers, and may request cultural-linguistic mediators.

The counselling centre also provides assistance for those experiencing economic difficulties, offering psycho-social support and advice on anonymous childbirth, pregnancy termination, and in cases of violence and abuse affecting women and minors.

**In Milan, there are both public and affiliated counselling centres, all are accessible free of charge and without a medical prescription by presenting a health insurance card.**



Outlined below are the public counselling centres:

Municipality	ADDRESS	Telephone number
ZONE 1	Mangiagalli - Via Pace 9	02 5503 4901
ZONE 2	Via Sant'Erlembardo 4	02-6363 4949
ZONE 3	Via Ricordi 1	02 6363 4948
	Largo Volontari del Sangue 1	02 6363 4952
ZONE 4	Via Oglio 18	02 6363 4927
	Via Fantoli 7	02 6363 4930
ZONE 5	Via Boifava 25	02 6363 4927
ZONE 6	Via Remo la Valle 7	02 8184 5485
	Via della Ferrera 14	02 8184 5201
ZONE 7	Via Monreale 13	02 8184 5155
	Via Masaniello 23	02 8184 5330
ZONE 8	Piazzale Accursio 7	02 6363 4957
	Via Aldini 72	02 6363 4936
ZONE 9	Via Cesare Brivio 2	02 6444 8685
	Via Cherasco 7	02 64446502
	Villa Marelli - Viale Zara 81	02 6444 3303
	Val di Bondo 11	02 6444 3331

Visit the website to locate your nearest counselling centre:  
[www.serviziterritoriali-asstmilano.it](http://www.serviziterritoriali-asstmilano.it) -> seleziona un servizio -> cerca sede.



## 1. HEALTH AND WELL-BEING

### 1.3 Let's begin with nutrition

Adequate maternal nutrition during pregnancy affects both the mother's health and well-being, as well as the child's nutritional status and growth.

Every country has different traditions and habits regarding nutrition during pregnancy: foods consumed in one country may not be recommended in others.

In Italy, we recommend following the **Mediterranean diet**, which involves consuming fruit, vegetables and carbohydrates (such as pasta, rice, bread, barley) on a daily basis, as well as proteins, preferably from fish and legumes, once daily, whereas foods such as eggs and cheese are limited to a couple of times a week. Mothers-to-be are advised to eat dried fruits (such as almonds, walnuts and hazelnuts) between meals and to drink plenty of water.

Conversely, it is **advised to avoid foods high in sugar, while also moderating caffeine consumption.**

#### ● IRON MATTERS!

*Starting from conception, but even before, it is advisable for the mother to take **folic acid**, which is an important vitamin capable of protecting the baby's health from severe nervous system malformations  
Ask your doctor!*





A universal rule beyond borders is the **prohibition of alcohol, smoking, and drug** use during pregnancy. These substances are harmful at any time, especially when planning a birth, and they **can cross the placenta during pregnancy, damaging the foetus's organs**, particularly the brain, leading to serious abnormalities.

For further information on pregnancy nutrition, consult with your doctor or go to your nearest counselling centre.

### • TOXOPLASMOSIS

*In order to reduce the risk of **Toxoplasmosis, Listeriosis or Salmonellosis**, i.e. food-borne infections that can harm foetal health, it is advised **to avoid certain specific foods**, including **raw foods** (such as meat, fish, and eggs), as well as soft and/or raw milk cheeses. Such precautions should be maintained throughout the entire duration of gestation.*

*Similarly, it is recommended **to consume only pasteurised or UHT milk; ensure fresh fruit and vegetables are thoroughly washed**, and drink water from reliable sources.*




## 1. HEALTH AND WELL-BEING

### 1.4 Childbirth education courses

Pregnancy is a very intense period: it **triggers emotions, raises questions and may amplify fears**. The best way to experience these nine months of transformation is to talk to professionals and other parents, taking their advice and learning from their experiences. Therefore, it is important for the mother and the other parent **to attend in the childbirth education courses** from the 25<sup>th</sup> week of pregnancy.

The childbirth education course (also known as prenatal training) **provides an opportunity to garner support from qualified professionals** who can answer the questions of expectant parents, while also **allowing them to meet other parents-to-be** and share opinions and concerns with them.



**REMEMBER:** childbirth education courses are free of charge and guaranteed by the National Health Service. In Milan they are organised by all public and most private counselling centres, as well as by hospitals with a maternity unit. Registration necessitates a prescription from your general practitioner.



## 1.5 At birth

The first days of life are crucial to lay the foundations of a positive attachment bond and to start establishing a serene relationship with the newborn. Thus, safeguarding the holistic well-being of the expectant mother is essential, minimising undue distress and extra stressors during hospital stay.

Milan boasts numerous hospital facilities dedicated to ensuring the highest standards of safety and well-being for both mother and baby, while upholding practices that:

- **Restrict surgical and pharmaceutical interventions** to high-risk pregnancies or situations involving complications;
- **Permit the presence of the other parent** or other family members and trusted persons next to the woman during childbirth;
- **Encourage skin-to-skin contact of the newborn with the mother**, subsequently extending the same to the other parent, thereby facilitating mutual recognition, providing reassurance, and alleviating stress.

**Have you already chosen the hospital where you intend to deliver your baby?**

Consult your doctor for guidance or visit the nearest counselling centre.



## 1. HEALTH AND WELL-BEING

### ● FOCUS: RIGHTS IN HOSPITAL

**Italian hospitals are safe, free and open-access places.**

**Understanding your primary rights during hospitalisation, childbirth, and delivery can provide greater peace of mind when facing hospital admission.**

✓ ***In hospital, people have the right to be informed in advance*** about the treatments, medications and surgical procedures they will undergo, even during emergencies.

✓ ***In hospital, people have the right to understand what they are being told.*** If you do not understand Italian or the staff use excessively technical language, you are entitled to have someone by your side to translate, and you can insist that they explain what is happening in understandable terms.

✓ ***In hospital, individuals have the right to maintain their privacy.*** When undergoing examinations or discussing your physical condition with staff, you are entitled to a private space, where your privacy is safeguarded from those directly involved in the visit or conversation.

✓ ***In hospital, adults*** who are fully capable and unrestricted by measures affecting their decision-making capacity **have the right to accept or refuse an operation, drug or therapy**, even if their spouse, family members or other persons express a different opinion.

✓ ***In hospital, people have the right to be treated with respectful behaviour and words.*** Insulting, offensive, aggressive or taunting words, or violent behaviour, such as pushing, shoving and slapping, are not acceptable. If you experience inappropriate behaviour or language, you have the right to report it to the ward manager, whether it is the head nurse or primary nurse.

✓ ***Payment for medications and services in public hospitals or other public or affiliated health services is governed by national and regional legislation.*** These laws outline a financial contribution to the costs to the National Health Service by taxpayers through health co-payments. Any other request for money, whether for services or drugs to be administered during outpatient visits or hospital stays, shall not be deemed legitimate.

### 1.6 After childbirth: a quick bureaucracy guide

Right after childbirth, the journey of parenthood commences, accompanied by some bureaucratic procedures. **There are some very important practices to be implemented to safeguard the fundamental rights of newborns and their parents.**

#### The first tasks to do:

- The **report the birth** achievable either at the hospital within the initial three days after birth or at the mother's municipality of residence within ten days. For the declaration, it is necessary to present the **birth certificate issued by the hospital's medical directorate** along with an identity document of the declarant. For foreign parents not in possession of an identity card, a passport and/or residence permit must be presented. Reporting does not entail any cost for the family.
- The **birth certificate** provided after the birth report is your child's first official document. At this stage, the child formally receives their name and surname **and is thus recognised as a citizen entitled to rights, including those related to physical health, education, hearing and protection.**
- **After obtaining the birth certificate, it is important to apply for the tax code and health card.**
- The **tax code** serves as the means of identifying the citizen in dealings with public bodies and administrations and must be obtained from the Revenue Agency.
- Conversely, **the health card** grants the right of access to all health protection services, including the ability to choose a paediatrician freely, and must be obtained from the relevant health authority in the area of residence.

## 1. HEALTH AND WELL-BEING

Below is a list of the various territorial health authority offices you can contact to apply for registration with the National Health Service and then select a paediatrician of your choice.

To schedule an appointment, use the following link:

[www.prenota.zerocoda.it](http://www.prenota.zerocoda.it)

Should you encounter any issues, reach out to your nearest office.



Municipality	ASST ADDRESS
<b>ZONE 1</b>	Via Rugabella, 4/6 Via G.a. Sassi, 4
<b>ZONE 2</b>	Via A. Doria, 52 Via Don L. Orione, 2
<b>ZONE 4</b>	Via S. Serlio, 8 (Corvetto underground station)
<b>ZONE 6</b>	Piazza Bande Nere, 3 Via Monreale, 13 Via Masaniello, 23
<b>ZONE 7</b>	Via Stromboli, 19
<b>ZONE 8</b>	Via Bizzozzero (P.le Accursio, 7)
<b>ZONE 9</b>	Via C. Farini, 9

Only registration in the national medical service for foreigners

Municipality	ASST ADDRESS
<b>ZONE 6</b>	Via Gola 22

To book access to the offices managed by Niguarda Hospital, visit this link:

[www.ospedaleniguarda.it/contents/prenota\\_visita\\_esame](http://www.ospedaleniguarda.it/contents/prenota_visita_esame)



Municipality	ASST ADDRESS
<b>ZONE 9</b>	Via Ippocrate, 45 Viale Zara, 81 (Villa Marelli) Via Livigno, 2/a



Telephone number	Email
02.6363.4729 • 02.6363.4446	Sceltarevoca.info@ Asst-Fbf-Sacco.it
02.6363.4729 • 02.6363.4446	Sceltarevoca.info@Asst-Fbf-Sacco.it
02.6363.4729 • 02.6363.4446	Sceltarevoca.info@Asst-Fbf-Sacco.it
02.6363.4729 • 02.6363.4446	Sceltarevoca.info@Asst-Fbf-Sacco.it
02.6363.4729 • 02.6363.4446	Sceltarevoca.info@Asst-Fbf-Sacco.it
02.8184.7900 • 02.8184.5609	Sceltarevoca.bandenere@Asst-Santipaolocarlo.it
02.8184.7900 • 02.8184.5609	Sceltarevoca.bandenere@Asst-Santipaolocarlo.it
02.8184.7900 • 02.8184.5609	Sceltarevoca.bandenere@Asst-Santipaolocarlo.it
02.8184.7900 • 02.8184.5609	Sceltarevoca.bandenere@Asst-Santipaolocarlo.it
02.6363.4729 • 02.6363.4446	Sceltarevoca.info@ Asst-Fbf-Sacco.it
02.6363.4729 • 02.6363.4446	Sceltarevoca.info@Asst-Fbf-Sacco.it

Telephone number	Email
02.8184.7900 • 02.8184.5609	Sceltarevoca.bandenere@Asst-Santipaolocarlo.it


Telephone number	Email
02.6444 5743	sceltaevoca@ospedaleniguarda.it
02 6444 5743	sceltaevoca@ospedaleniguarda.it
02 6444 5743	sceltaevoca@ospedaleniguarda.it

## 1. HEALTH AND WELL-BEING

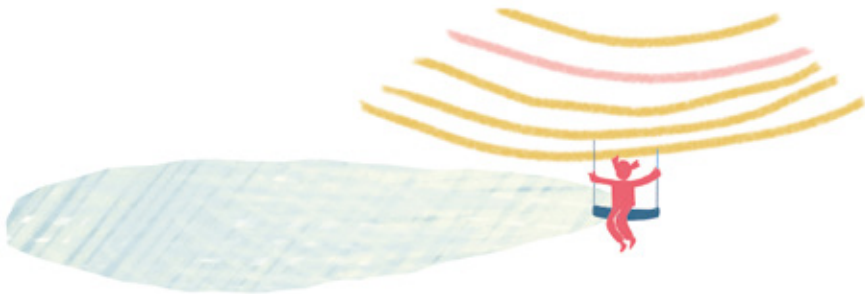
### • UNREGISTERED MINORS

*As per the Health Authority responsible for the metropolitan city, 'Foreign minors residing in the national territory without adhering to entry and residence laws and must be enrolled in the National Health Service and receive healthcare under the same conditions as Italian citizens.'*

*For this reason, health authority offices can also apply to the revenue agency for a tax code.*



**NOTE:** Each couple of parents may have unique situations: they might be married or unmarried, have their paperwork in proper order or not; and be either born in Italy or elsewhere. For each situation, procedures may vary a little. Contact the hospital's medical management to determine the most suitable procedure for your circumstances.



● **FOCUS: UNDERSTANDING THE RIGHT TO HEALTH**

*In Italy, all eligible Italian and foreign individuals are guaranteed access to healthcare through registration with the National Health Service (SSN).*

*This system encompasses a network of services at the territorial and hospital level, covering medical, paediatric, pharmaceutical, specialist outpatient, hospital, home care, and consultancy services, administered by the Region.*

*In the Milan area, health services are provided and administered by four companies:*

- ***the Azienda Sociosanitaria territoriale (ASST) Sacco Fatebenefratelli, which operates in Districts/Municipalities 1, 2, 3, 4 and 8.***  
*The company includes 7 family counselling centres and 4 hospital centres: Sacco, Fatebenefratelli, Macedonio Melloni and Buzzi;*
- ***the Azienda Ospedaliera Grande Ospedale Metropolitano Niguarda Ca' Granda, which operates in District/Municipality 9.***  
*The company includes four family counselling centres and the Niguarda Ca' Granda Hospital;*
- ***the ASST dei Santi Carlo e Paolo, which operates in Districts/ Municipalities 4 (in part), 5, 6 and 7.*** *The company includes five family counselling centres and two hospitals, San Carlo and San Paolo;*
- ***the Fondazione Istituti di Ricovero e Cura a Carattere Scientifico (IRCCS) 'Ca' Granda' Ospedale Maggiore Policlinico, to which 1 family counselling centre and the hospital structure of the Policlinico Mangiagalli refer.***



**REMEMBER:** all pregnant women and foreign minors, even when not in possession of a residence permit, **are entitled to public health care** and can find intercultural mediation within public health services.

## 1. HEALTH AND WELL-BEING

### ● PREGNANT MOTHER'S RIGHT, DOCUMENTS, AND RESIDENCE PERMIT

**Pregnant women or new mothers are eligible to apply for a residence permit for medical treatment once their pregnancy is confirmed, with eligibility extending up to six months post-birth.**

The residence permit can be applied for directly at the Questura by **presenting medical certification** issued by a public facility confirming pregnancy and the expected date of delivery.

The residence permit **will remain valid until the expected delivery date** and can be renewed just once until the child reaches six months of age.

The residence permit for medical treatment related to pregnancy grants the bearer the right to register with both the local authority and the regional health system, as well as obtain a tax code. The same rights are subsequently extended to the child, with the additional entitlement of **being assigned a paediatrician.**

This type of permit cannot be converted into another form of residence permit, such as a work permit, and does not authorise employment.

The residency permit for medical treatment **can also be granted to the cohabiting husband** of a pregnant woman. However, an unmarried father may only seek a residency permit following the recognition of the child.

**A pregnant woman or a woman within six months post-childbirth cannot be deported. This restriction applies to the child's father as well.**





• **DID YOU ARRIVE IN ITALY WITH A BABY OR A SMALL CHILD?  
+ ARTICLE 31**

*Our country provides certain protections for minors and family unity.*

Article 31(3) of Legislative Decree no. 286/1998 **allows a residence permit to be issued for the family member of a minor** if there are special protection needs.

Indeed, the **Juvenile Court** may permit a family member's entry or stay in Italy if there are significant reasons affecting the minor's psychophysical development.

Serious reasons encompass all **emergency situations**, such as child's serious health problems, as well as scenarios where, due to the child's tender age, the potential absence or removal of a key family member could gravely impair the child's psycho-physical stability.

You may independently submit an application for staying in the national territory by completing the forms available at the Juvenile Courts.

Alternatively, you can seek the assistance of a lawyer to file an appeal.

**However, we recommend that you seek advice from a law firm or a lawyer to evaluate your situation.**



## 1. HEALTH AND WELL-BEING

### 1.7 The paediatrician

Following childbirth, it is crucial to freely choose a **paediatrician who can address any concerns and questions** while closely monitoring the child's development and health.

The paediatrician is a very important figure, **offering advice and reassurance to parents during minor health issues** in children, supporting them with vaccinations or certificates needed for crèche enrolment, and providing assistance if specialised investigations or hospitalisation are required.

Hence, beyond their engagement with children, the paediatrician is a key point of reference for parents, helping them understand how to care for their children with both balance and attentiveness.

You may select your paediatrician directly at the hospital, when possible, or by visiting the offices responsible for health service registration (see 'A quick bureaucracy guide' for more information), at the **'Registration in the health service and choice of doctor'** service.

You can also choose a paediatrician by contacting municipal pharmacies. The paediatrician will follow your child until adolescence.

To locate the nearest facility, please visit:

[www.serviziterritoriali-asstmilano.it/](http://www.serviziterritoriali-asstmilano.it/)



## ● THE TIN EXPERIENCE

In cases of preterm birth or certain medical conditions, newborns are admitted to the **TIN** (Neonatal Intensive Care Unit), the hospital ward dedicated to babies facing serious risks or complications at birth. This usually includes infants born premature.

In such situations, **parents often experience overwhelming feelings of confusion, fear, and concern.** This is not only due to the unexpected nature of the birth but also out of worry for the baby's health, especially when the mother is discharged while the baby remains in hospital.

If the conditions of both parents allow, it is important that they are regularly informed not only during emergency, but also in their daily lives, ensuring they receive the information required to guide their own experience.

**It is important not to hesitate to ask questions** to gain a clear understanding of the situation, and it is beneficial to share personal experiences and discuss them, particularly during extended hospital stays or when facing serious issues. In such situations, being distant from home is common, and there can be a strong craving for even the simplest necessities.

**Ask the hospital personnel** who can assist you in addressing your needs; regaining some serenity and peace of mind is crucial in these circumstances.



# 1. HEALTH AND WELL-BEING

## 1.8 Returning home together

Homecoming is a special time, yet it can also pose significant difficulties. It may happen that one finds oneself without external support, especially if the family is far away and no friends or acquaintances are present to aid in managing daily life.

Upon returning home, **it is essential that the mother is supported**, and that the father helps her feel at ease by attending to household duties or looking after any other siblings.

The mother needs time to recover her physical well-being, and to cope with all the changes of this period.

While **sharing chores and caregiving duties** should always be a family habit, it becomes essential after a child's birth.

During this period, **both parents may experience moments of anxiety**, sadness or fear of the future.

One should never feel ashamed or guilty about these emotions. It is important to express both the joys and the struggles or disappointments, because the best way to create a harmonious family environment is by becoming parents together, and by listening to, respecting, and assisting each other.

Feelings of unease may persist and intensify over time, leading to what is termed as **baby blues** or a genuine depressive disorder.

In this case, it is very important to contact your doctor or the nearest family counselling centre.

● **BABY BLUES AND POSTPARTUM DEPRESSION DISORDERS**

Sometimes coming home is not so easy: the **baby blues** or **maternity blues** is a mood disorder caused by hormonal and emotional factors that can occur after childbirth. This reaction is quite common and includes symptoms such as unexplained crying spells, irritability, restlessness, and anxiety, which usually dissipate within a few days. If your symptoms persist and intensify, you might be experiencing **post-partum depression**, a condition that requires professional intervention. Reach out to specialists you encounter, such as paediatricians, midwives, breastfeeding support staff, or general practitioners, as they can assist you in understanding the situation and advise you on steps to improve your well-being.

Though not commonly acknowledged, it is crucial to understand that **post-partum depression can also affect the non-birthing parent**, who might face significant emotional difficulties that are hard to comprehend and address.

Seek help and remember to talk about what is happening.

## 1. HEALTH AND WELL-BEING

### ● SHAKEN BABY SYNDROME

All parents typically encounter moments of discouragement, especially during the early months after birth. During such times, it is advisable, if possible, to briefly step away, ensuring the child is safe from harm. Above all, **avoid shaking** the child's arms or torso vigorously, as this could result in serious injury.

**Crying is a normal physiological response in the first few months of life.** There is even a crying curve to demonstrate how common this behaviour is among all newborns during this early period. An effective way to reduce crying is through **physical contact** with fascia, such as skin-to-skin, one of the proximal care techniques that comforts and soothes. **Massage** is also a good practice that reassures and calms.

**Try not to face** your doubts, uncertainties, and fatigue alone. If you look around, countless realities can support you through these first thousand days.



There are some **good habits** that are best kept in the first months of your baby's or child's life. These small attentions focus on physical well-being and protect against certain risks.

### • SIDS

*The importance of sleeping well and safely from birth.*

Sudden **Infant Death Syndrome** (SIDS) is a well-known condition that can result in the unexpected death of a baby between one month and one year of age.

Parents play an essential role in reducing the risk of SIDS by practising **preventive behaviours**. Here are some recommendations:

1. Lay the baby **down on their back** (supine position) from the earliest days;
2. Sleeping in the parents' room is fine, but the baby **should sleep in their own cot or crib**;
3. Avoid overheating; **the room temperature should be kept moderate**, between 18 and 20 °C, and avoid excessive clothing and blankets;
4. The **mattress should be the correct size** for the cot/crib, firm enough, and ideally **without a pillow**;
5. The environment should be **smoke-free**;
6. Using a **dummy** (soother) can have a protective effect during sleep, but it should be introduced after the first month (to avoid interfering with breastfeeding) and **discontinued by one year of age** (to support healthy tooth development).

## 1. HEALTH AND WELL-BEING

### ● FLAT HEAD SYNDROME (PLAGIOCEPHALY)

Many newborns have slightly flattened heads on one side; this condition is technically known as **plagiocephaly**.

In most cases, it results from head positions while lying down and **usually resolves on its own**. However, resolution can be encouraged by certain steps, such as **gently turning the baby's head** to the non-preferred side during sleep, **limiting time lying on their back** when awake, and engaging them in "tummy time" **on their stomach** under adult supervision.

Other forms of plagiocephaly may indicate more serious conditions or developmental issues and require more complex care, so it is always advisable to **consult your paediatrician**.

### ● VACCINATION

**All mandatory vaccines in Italy are free of charge** and administered by the National Health Service. In addition to compulsory vaccines, there are also **optional ones**.

Parents should consult their paediatrician to stay informed and make the best decisions for their child, considering that vaccinations are a vital public health measure.



Here is the complete list of centres:

Municipality	ADDRESS	Telephone number
ZONE 1	Via Rugabella, 4/6	02 63634976
ZONE 2	Via Padova 118	02 63634937
ZONE 3	Via Ricordi 1	02 63634925
ZONE 4	Via S. Serlio, 8 (CORVETTO UNDERGROUND STATION)	02 63634962
ZONE 5	Via Boifava 25	02 8184.5350
ZONE 6	Piazza Bande Nere, 3	02 8184.5630
ZONE 7	Piazza Stovani 5	02 8184.5230
ZONE 8	Via Bizzozzero (P.le Accursio, 7)	02 63634981
ZONE 9	Via Cherasco 7 - Via Livigno 2	02 6444.5915

Visit

[www.serviziterritoriali-asstmilano.it](http://www.serviziterritoriali-asstmilano.it)

to locate the vaccination centre nearest to you by selecting a service and searching for the location.



**REMEMBER**, in order to access the vaccination centres, it is mandatory to make a reservation on the site:

<https://vacc-prenotazioni.asst-fbf-sacco.it>



## 1. HEALTH AND WELL-BEING

Following is the **LOMBARDY REGION'S VACCINATION SCHEDULE** for the first th

<b>VACCINO</b>	<b>3° mese</b> DAI 2 MESI E 1 GIORNO	<b>4° mese</b> DAI 3 MESI E 1 GIORNO	<b>5° mese</b> DAI 4 MESI E 1 GIORNO	<b>6° mese</b> DAI 5 MESI E 1 GIORNO	<b>7° m</b> DAI 6 MESI
Difterite Tetano Pertosse	✓		✓		
Polio	✓		✓		
Epatite B	✓		✓		
Haemophilus b	✓		✓		
Pneumococco	✓		✓		
Morbillo Parotite Rosolia	Non prevista				
Varicella	Non prevista				
Meningococco B/C/ACWY	Men B		Men B		
HPV*	Non pr				
Rotavirus*	✓		✓		
Influenza	Non prevista				
Epatite A	Non prevista				

\* La vaccinazione anti Papilloma Virus per i maschi è offerta gratuitamente a partire dai nati nel 2006 (compreso).

\* La vaccinazione anti Rotavirus può prevedere 2 o 3 somministrazioni, a seconda del vaccino disponibile.

three years of life.

9° mese DAI 9 MESI E 1 GIORNO	11° mese DAI 10 MESI E 1 GIORNO	13° mese DAI 12 MESI E 1 GIORNO	15° mese DAI 14 MESI E 1 GIORNO	6 anni	12/18 anni
	✓			✓	✓
	✓			✓	✓
	✓				
	✓				
	✓				
		✓		✓	
		✓		✓	
		Men C	Men B		Men ACWY
prevista					✓
Solo per soggetti a rischio					
Solo per soggetti a rischio (per viaggiatori internazionali gratuita fino a 14 anni)					

## 1. HEALTH AND WELL-BEING

### 1.9 Breastfeeding as a conscious choice

The World Health Organisation recommends exclusive breastfeeding for the first six months of life and, if possible, advises continuing while introducing solid foods.

**Breastfeeding offers numerous benefits:** it strengthens the baby's immune defences, supports intestinal development, enhances the mother-child bond, and fosters cognitive development. Additionally, it helps protect women against breast cancer, ovarian cancer, and osteoporosis later in life.

**However, breastfeeding can be challenging,** especially in the early days. If difficulties arise, it is wise to seek advice from healthcare staff, particularly family counselling centres. Breastfeeding on demand, as recommended by the World Health Organization, means allowing the baby to decide when and how much to eat. At times, the baby's feeding rhythm may be demanding and stressful, potentially affecting what should instead be a calm and positive relationship.

Therefore, **it is essential for new mothers to be supported, listened to, and accompanied** through this journey. They need time to get to know their baby and their new selves. Support should be both practical and emotional, ensuring that the decision to breastfeed is free, balanced, and a source of well-being.

**Choosing whether to breastfeed and feed on demand is a personal decision, and mothers who decide differently should not be considered any less for their choice.**

**If you have questions or doubts, your nearest family counselling centre is the right place to go.** Well-informed parents will be better prepared to handle the changes that come with a new family member.

### ● NUTRITION WHILE BREASTFEEDING

Breast milk absorbs everything the mother consumes, so **it's essential to maintain a varied and balanced diet** that ensures a range of flavours in the milk, helping prepare the baby to explore new foods with greater interest and curiosity during complementary feeding.

Some traditional beliefs suggest that certain foods are particularly good for "milk production," but there is no scientific evidence to support these claims. If you are breastfeeding and wish to do it well, there's no need for a specific diet—simply eat healthily. Eating well and healthy is the only advice to follow!

Consult with your healthcare team about your diet, particularly if, for any reason, adhering to a diverse diet that incorporates fresh foods is challenging or unfeasible.

**Remember, you can access nutritional support from local networks dedicated to tackling child poverty. Contact neighbourhood associations, CARITAS listening centres, or the Life Assistance Centre (Centro di Aiuto alla Vita, CAV) for assistance.**

Further information is available in the final pages of this booklet.



## 1. HEALTH AND WELL-BEING

### 1.10 Complementary feeding

From the age of six months, infants need a **varied, complementary diet** aligned with the family's eating habits and containing the essential micronutrients for rapid physical and brain growth.

This should be provided **alongside breast or formula milk**, which will continue to supply a third of the baby's required calories.

**For babies who are not breastfed, whole fresh cow's milk can also be introduced after six months**, as recommended by the World Health Organization (WHO).

Complementary feeding is a significant step in your child's growth, as they begin to show curiosity about what the rest of the family is eating.

**Introducing your own food** without buying specialised products allows them to explore new flavours. Early food experiences are essential in building a varied diet, so exposing babies from six months onwards to a wide range of tastes **supports a more diverse and healthier diet as they grow up.**

Introducing food in this way can also be enjoyable and offers an opportunity to reassess the family's dietary habits, creating a more balanced variety of nutrients for everyone.



Opting for seasonal fruits and vegetables instead of animal products, reducing added sugars, and avoiding salt can benefit the whole family. Remember, it is best to wait until they are a year old before introducing foods and condiments like sugar, honey, and chocolate.

Your healthcare providers, such as your paediatrician or family counselling centre, will be invaluable partners during this stage. Consult them for guidance!







## 2. SAFE AND SOUND

The future of our children is precious, but it is often put at risk by behaviours that undermine their well-being and safety. Here are some practical tips to avoid accidents and reduce risks.

### 2.1 Safety

Every year in our country there are way too many accesses to pediatric emergency room following domestic accidents, this is why it is important to focus on prevention.

#### 2.1.1 At home

During breastfeeding, it is recommended that mothers **avoid alcohol, tobacco**, and any other non-prescribed substances.

**Smoking indoors or in enclosed spaces should be strictly avoided.**

**When resting, make sure the baby is lying on their back**, particularly in the early months when they cannot yet roll over on their own.

When they start crawling, **ensure your home is 'baby-proofed'**: cover sharp and dangerous edges, secure doors that might slam, keep windows and balconies safe, and, if possible, avoid wearing outdoor shoes indoors.

**Never, under any circumstances, leave young children alone at home, and keep all hazardous substances, such as medications and cleaning products, well out of reach.**

## 2. SAFE AND SOUND

### 2.1.2 In the car

Equip your car with an appropriate **child safety seat** and ensure it suits your child's age. Safe driving is always essential, and even more so when transporting children. Avoid driving if you are overtired or have eaten or drunk too much.

### 2.1.3 Social life

It is important to provide your children with a **calm and positive environment** in their interactions with others. **Avoid raising your voice** in their presence, and refrain from using harsh words or scolding them aggressively. Even to explain that something should not be done, you can use a reassuring tone of voice!

**Encourage your child to interact with others**, both within the family and in nursery or other educational settings. Relationships, whether with adults or peers, play a key role in cognitive and physical development.

### 2.1.4 Life-saving manoeuvres

Between six months and two years, **the risk of inhaling a foreign object is high**: food pieces or small objects a child is playing with may be placed in the mouth and inhaled, potentially blocking the airways and preventing breathing.

How can you realise the problem?

**If the airways are obstructed, the child will not cry, shout, or speak.** In this case, **immediate action is required** by performing a **manoeuvre to clear the obstruction**, which involves **5 blows to the back, between the shoulder blades, followed by 5 compressions on the sternum, in the centre of the chest, repeatedly, until the foreign object is expelled.**

**It is necessary to keep the child tilted forward with the head**, so that the foreign body can come out more easily, while performing the manoeuvre.

This might appear difficult, but you can find further details online, or even better, **participate in the free meetings organised** in Milan on this matter by the Red Cross, associations, and public institutions.

Ask your paediatrician or family counselling centre for more information!

**Being vigilant without becoming overly protective is one of the greatest challenges in parenting. If you have concerns about your child's safety or about the people caring for them, speak with your family counselling centre, paediatrician, or family support centres that offer socialisation opportunities (you can find a list at the end of this booklet).**

### • HARM-FREE PARENTING

*Parenthood is one of life's most extraordinary experiences, but it can test patience and deeply stir emotions.*

*At times, when you see your child in danger, you may feel anxiety, worry, or fear, which can lead to angry outbursts and saying or doing things you do not truly mean, like making threats or raising a hand. Remember, growth is not nurtured through violence.*

*Those who experience physical or verbal abuse from their parents during childhood may carry trauma and are at risk of repeating these behaviours with loved ones.*



## 2. SAFE AND SOUND

### 2.2 Protection

All girls and boys should have access to adequate housing that contributes to their physical, mental and social development; just as everyone has the right to be protected from any form of violence suffered or witnessed, starting from one's home. Unfortunately, it is not always possible to guarantee adequate spaces for families and domestic violence is still a very widespread phenomenon.

Below are some resources for finding support if you find yourself in uncomfortable or abusive situations.

#### 2.2.1 Right to safe housing

Legal assistance desks, **WeMi**, and **QuBi** can provide useful information for **obtaining residence registration with local councils** (temporary residence), applying for **social housing, or requesting financial support** (and assessing eligibility). You can find contact information at the end of this booklet.

They can also provide information about **language courses** (with the option to bring your child along), as well as **adult education and training opportunities** (a list of main courses is also provided at the end of this booklet).



- **SOCIAL HOUSING**

Social housing consists of publicly owned properties rented at a **reduced rate to low-income households**.

These homes are generally **designated for individuals or families with incomes below legally established thresholds**, as well as for disabled people, **single parents with dependents, and homeless individuals**.

**To apply, you must enrol on a local housing list.**

Visit the City of Milan website for information on public housing allocation notices or seek guidance at local association help desks in your neighbourhood.



## 2. SAFE AND SOUND

### • RIGHT TO RESIDENCE

**Civil residence registration** is an enrolment with a municipality's registry office and is essential for exercising many rights and accessing social and healthcare services (e.g., it is required to access social relief, apply for public housing, or access other forms of support).

Registration **requires completing a specific form and attaching a copy of your identity document** (e.g., passport, asylum seeker permit, valid residence permit) as well as that of any cohabiting family members (along with translated and legalised documents proving family relationships).

To ensure all citizens' right to residence, Italy has long provided for **'temporary' or 'virtual' residence** with the Municipal offices.

This is essentially an **address of residence that does not correspond to one's actual place of living**, allowing those in unstable housing conditions to access local services.

Italian or legally resident foreign nationals may apply for residence with the Municipal offices, and the objective criterion for registration is domicile within the municipality.

Registration with a virtual or temporary address **constitutes full legal residence**, granting access to all rights and services typically linked to civil registration.

To apply for temporary residence, you can go to the **Casa della Carità** help desk by appointment, which can be booked by calling **345.5815222** (Monday to Friday from 9:30 am to 12:30 pm), or seek support from neighbourhood associations, legal assistance desks, or WeMi offices.

### 2.2.2 Recognizing violence: sister, you are not alone

Intimate relationships should be based on respect, appreciation, and mutual support. When these elements are present, partners experience a sense of safety, trust, and calm in their relationship.

**However, if a partner exerts forms of control, devaluation, restricts free family and social interactions, obstructs the search or maintenance of a job, demands exclusive management of the family finances or the children's upbringing, or uses threats or physical and verbal aggression, this constitutes a violent relationship.**

There are many forms of violence, and none should be underestimated: **control, intimidation, isolation, devaluation, physical assault, sexual abuse, threats, and blackmail** may occur simultaneously or separately. In any case, each of these behaviours has no place in a healthy and secure relationship.

**Even during pregnancy, a woman may be exposed to violence by her partner;** indeed, it is precisely in this period that violence may escalate or emerge for the first time.

The arrival of a child changes the couple's dynamic, and in relationships lacking equality and respect, violence may become more pronounced or escalate.

**When children are part of the family, violence towards the mother always impacts them too; this is known as witnessed violence.**

Many people mistakenly believe that if children do not directly witness the aggression, they remain unaware of the situation. Children can be exposed to violence both directly, by seeing or hearing physical and/or verbal abuse, and indirectly, by perceiving its effects on their mother, on family relationships, and on interactions between siblings.

## 2. SAFE AND SOUND

The home should be a safe, peaceful place for everyone. Yet, when violence is present, it becomes a dangerous, unstable environment in which to grow up.

Often, those living in violent situations feel trapped and believe they have no choice or way to avoid the abuse, often fearing they will not be heard.

**Breaking free from violence is possible!**

In such cases, seeking support from a **domestic violence centre** is crucial. These are specialised local organisations dedicated to helping women and their children escape violence.

They provide a welcoming, supportive environment where women can access psychological support, legal guidance, and protection.

These centres work to safeguard the rights of women and children, always respecting their right to self-determination.





### 2.2.3 What to do if you suffer domestic violence?

- Contact your nearest **anti-violence centres or counters**.

You will find them at [www.reteantivolenzamilano.it/contatti](http://www.reteantivolenzamilano.it/contatti)



and in the final pages of this booklet

- You may also seek assistance from the **counselling centres, or the Milano Donna centres** in each **municipality**. The full list is available on the Milan municipality website [www.comune.milano.it/web/milano-citta-delle-donne/centri-milano-donna](http://www.comune.milano.it/web/milano-citta-delle-donne/centri-milano-donna)



and in the final pages of this booklet.

- If you are unaware of the nearest anti-violence centre, **you can seek help and advice by calling the national anti-violence and stalking hotline at 1522**. Active 24 hours a day, multilingual, free of charge, from both fixed and mobile networks.
- **In case of emergency, contact the police (112)**.
- **If you need treatment, go to the First Aid unit**.  
At the **emergency unit of the Mangiagalli Clinic** you will also find an **anti-violence centre**.
- **Teachers, healthcare providers** in public facilities, and **public service providers have a duty to report cases of domestic violence** or abuse to the relevant authorities.



# 3. EDUCATIONAL OPPORTUNITIES

Children are born with natural competence; they can hear sounds, turn their heads, bring their hands to their mouths for comfort, protect their rest, and demonstrate an innate sociability. **From birth, they are individuals who need care and attention to thrive.**

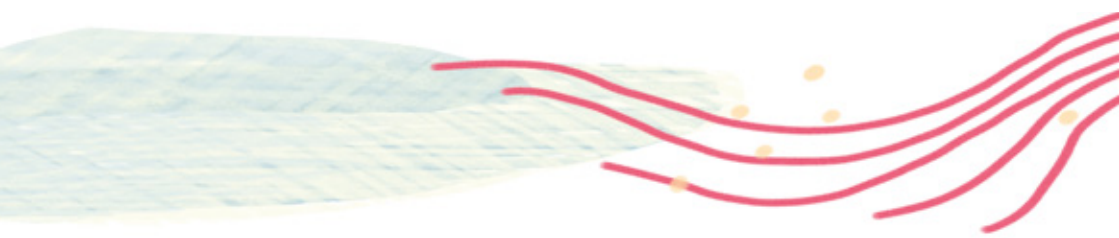
## 3.1 The value of relationships

The brain is the organ at the centre of this development, governing the senses, movement, language, and higher abilities like memory, emotional regulation, and attention.

**Through relationships with parents and other caregivers,** children begin to link neurons together, building 'blocks' that shape the brain.

A child who receives stimulation, affection, and care creates numerous connections in the brain, which are sustained over time when talking, reading, singing, and playing together become daily family habits.

**Attention: to provide proper care for your child, remember to set aside your phone, tablet, or switch off the TV.**



### 3. EDUCATIONAL OPPORTUNITIES

- **AWAY FROM SCREENS?**

The **World Health Organization (WHO)** provides guidance on media device use (mobile phones, smartphones, tablets, computers, TV, etc.) for children aged 0 to 8, considering both positive and negative effects on children's physical and mental health.

**Early and extended exposure to screens not only may affect a child's cognitive, linguistic, and emotional growth negatively but also carries the long-term risk of encouraging sedentary lifestyles and childhood obesity.**

The recommendations strongly suggest using high-quality educational apps (e.g., learning games) together and outline specific screen time limits: **avoid smartphones and tablets for children under two, as well as during meals and before bedtime.**

**For children aged 2 to 5, limit screen use to a maximum of one hour per day; for ages 5 to 8, up to two hours daily.**

It is also preferable **to stay with children while they use screens** to help them understand what they see, answer their questions, and guide them on suitable content.

Remember that - beyond time limits - **your role in making technology choices** (which to use, when, and for which content) **is key. Setting an example** of balanced and positive technology use through family habits, like keeping mobile phones away from the dining table, provides valuable learning and modelling for young children.

## 3.2 Access to early childhood education

As we already said, the most intense period of brain growth and neural networking is from birth to age 3, making early educational support both at home and in external settings essential for the children's future.

### 3.2.1 Crèche

**The crèche, by providing a secure environment** where children can interact with peers starting from zero years old, is of fundamental importance. Parents also find the creche staff a valuable educational partner and receive useful advice for establishing developmentally appropriate education at home and facilitate the resolution of small issues that may arise in their relationship with their children.

**Collaboration with crèche staff helps ensure harmonious development** across social, relational, and educational aspects.

**Many studies show that participation in early educational programs, such as nurseries and preschools, improves cognitive skills by primary school, with positive effects on later academic success.**

Attending early childhood programs also enhances social skills, with benefits extending into adulthood and even the workplace. Having access to quality educational and school services is a right and the foundation of strong social and community life.

**Enrolling your child in crèche and preschool benefits their future and enriches family life!**

### 3. EDUCATIONAL OPPORTUNITIES

In Milan there are public and private crèches distributed throughout the city. The educational services for children aged 0 to 3, under the direct management of the Milan Municipality, are listed as follows:

- **CRECHE**, educational services for children aged 3 months to 3 years, supporting families with care, education, socialisation, and well-being in a safe and attentive environment.
- **PRIMAVERA SECTIONS**, available for children aged 24 to 36 months, these combine nursery care with preschool goals and tools, accommodating up to 20 children with one nursery educator and two preschool teachers.

**Creche and Primavera Sections are located across Milan.**

To find the location nearest to your home, you can use the online map of Geoschool at the following link:

<https://geoportale.comune.milano.it/geoschool/webapp>



### 3.2.2 How to enrol in Creche and Primavera Sections in Milan?


At the end of January, the City of Milan publishes an announcement on its website detailing access requirements and enrolment timelines and procedures.

Enrolment applications are submitted online and require access to the Municipality of Milan's app through SPID (public digital identity system) or CIE (electronic identity card).

Following submission, an enrolment ranking is published, and families can accept or decline their assigned place through an online procedure.

In Milan's nurseries and Primavera Sections, attendance requires a non-refundable annual enrolment fee of €56.20 and a monthly contribution based on household income, calculated using ISEE parameters.

For more information, visit the City of Milan's website.



If you need support understanding your ISEE, accessing SPID, or assistance with the enrolment process, the WeMi centres are here to help. A list of centres is available at the end of this booklet.





### 3. EDUCATIONAL OPPORTUNITIES

#### ● SUPPLEMENTARY EDUCATIONAL SERVICES

The centres at **Via Feltre**, **Via Anselmo da Baggio**, and **Via Lope de Vega** serve as **additional educational hubs for children aged 0 to 6**, accompanied by a caregiver.

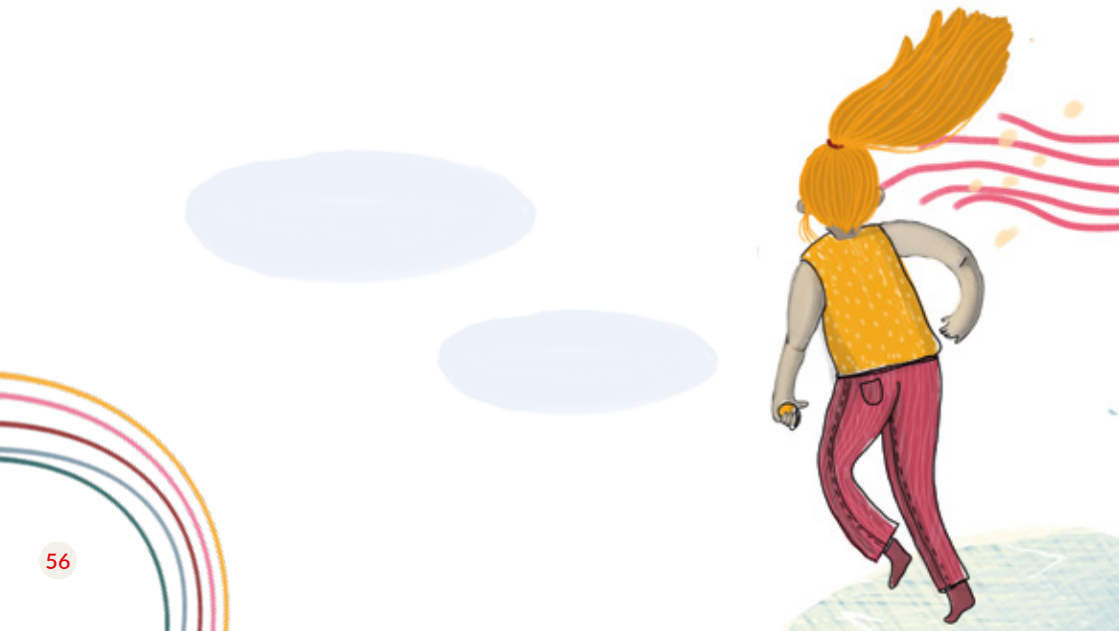
They are open **4 half-days a week for free access**; for specific times and information, it is necessary to contact the individual hub.

Each hub offers workshops, community events, free play spaces with education professionals, and guidance on local services.

Children not enrolled in formal educational services have priority access.

The City of Milan also runs the **Labzerosei** at the site of the former Cucine in Parco Trotter (Via Giacosa, Zone 2).

It is a multidisciplinary and innovative space aimed at **welcoming and engaging children aged 0-6**, their families, and local schools. It hosts family workshops and multilingual sessions outside school hours.





● **PRESCHOOL**

Education for ages 3-6, the importance of preschool and the resources available (*how to access them, how to apply*).

*In the first months of each year, the City of Milan publishes an announcement on its website, detailing enrolment timelines and procedures.*

*Applications must be made online and require access to the City of Milan website via SPID (public digital identity system).*

*Following submission, an enrolment ranking is published, and families can accept their assigned place through an online procedure.*





## 4. BECOMING A PARENT

The **well-being of parents** is crucial to ensure the health and well-being of the youngest children. Taking care of yourself may feel like a luxury in the early years of parenthood, but it is **the key** to fulfilling your role (or many roles) as a parent effectively.

### 4.1 A new world to discover

**Becoming a parent is not always easy**, especially without a support network of family or friends. **Getting to know other families can be invaluable support** from the first months of your child's life.

It's helpful to locate places where parents gather, and where children can meet and play together, from the local park to family counselling centres or the library.

If you are in difficulty, **you can reach out to your nearest family counselling centre** or find a support service or welcoming place for parents in your area.

At the end of this booklet, there is a **list of spaces** that offer parents opportunities to **connect with each other** and with professionals on topics related to early childhood, educational opportunities, and family well-being.

You will also find information about **libraries** that provide **spaces and activities** for children and parents, as well as **museums** with family-friendly activities.

## 4. BECOMING A PARENT

### ● SHARENTING - MINDFUL SHARING ONLINE

At what age do we start appearing online and creating our digital identity? More frequently, it is the parents, rather than the children, who initiate their offspring's 'digital footprints', starting with the very first echography. Sharing important moments, especially those featuring children, with family and friends through digital technology is natural, **yet caution is crucial**. Once images and moments are online, control can be forfeited: **have you ever heard of 'sharenting'?**

**Sharenting is the frequent posting of children's images or stories by parents.** Overexposure of minors online occurs without their consent (as they are too young), and the widespread sharing of information often includes relatives and friends, amplifying its reach and making it even harder to control. Content shared on social media can be downloaded, reused, or redistributed by anyone.

How to share online safely for your child(ren):

- **Familiarise yourself with the privacy policies** of digital platforms or apps where images and content are shared and review social media settings to control who can view valuable moments, like images of your children.
- **Protect their online presence by distinguishing between private and public images**, for example, sharing photos that do not show the face or blurring it, and avoiding sharing intimate images, like bath time photos, which are best kept private.
- **Avoid sharing detailed information** about passions, daily routines, and personal information.
- **Agree together with parents, friends, and relatives** on how images depicting your children can be used, both when they are shared and when they are taken during social gatherings.

Paying attention to what you share online about your children is part of caring for them, promoting their well-being, and protecting their growth.

Becoming a parent is an intense experience that triggers emotions, stirs memories, and unlocks a rich and complex inner world.

It is important to remember that there are many ways to become a parent, as parenting **involves the mind, heart, and body**, each with equal intensity. Whether as birth parents, adoptive or foster parents, affectionate parents, same-sex or different-sex parents, there is no difference.

#### 4.2 Co-parenting and biparentalness: what does it mean?

Co-parenting is not simply the sum of maternity and paternity or parent 1 and parent 2, nor does it require both parents to be present together. **It is a true alliance, based on mutual trust and respect between parents as caregivers, regardless of their relationship status, and it involves sharing responsibilities, even when separated or never in a relationship.**

This alliance helps children experience harmony and balance with their parents, enhancing their well-being.

The **quality** of the parental relationship has direct and indirect effects on children's social skills up through adolescence and **fosters long-term self-esteem and self-regulation**. For this reason, it's important to continue nurturing the couple's bond after becoming parents.

**Sharing thoughts and reflections on your parenting role, expectations,** discussing educational themes, attending meetings together and, if needed, even engaging with peer groups through local services are all beneficial.



## 4. BECOMING A PARENT

### 4.2.1 Fatherhood

It is essential that **fathers or other parents are well-informed** and supported during the pregnancy, allowing them to approach their role with awareness, both towards the child and their partner or co-parent, and to become a vital source of calm for them.

**It is important to move away from the notion that fathers 'help' mothers; by caring for their child, fathers are simply fulfilling their role as parents.**

It is equally crucial that fathers spend time with their children from the start, **engaging in activities together** such as taking walks, bath time, nappy changes, singing a lullaby, making funny faces, or simply spending time together. Sharing nurturing and affectionate moments with their child helps fathers communicate in a unique and special way, learning to understand and respond to their child's needs, making their presence tangible and perceptible.

Finding balance alone can also be challenging for the co-parent! In such cases, it is helpful **to create space and time to talk openly with your partner, other parents,** or parental support services.

- **PATERNITY LEAVE**

In Italy, **paternity leave is currently set at ten days**, to be taken immediately after the birth or within the child's first month.

Ten days may be brief for finding family balance and getting to know the new member of the family, but they are invaluable.

They give fathers a chance to focus on their role, understand daily life at home, and seek new ways of being present and involved, which fosters a calm family atmosphere.



## 4. BECOMING A PARENT

### 4.3 The right to play and to be heard

When a child arrives, it is easy to become focused on essential caregiving tasks. People often overlook how important it is **to play and spend quality time together.**

**Children learn through play:** setting aside time each day to play with them, away from screens and distractions, is crucial for their development and for strengthening the parent-child relationship.

Play is a vital tool for developing knowledge and skills, including complex ones, and for expressing one's identity.

In particular, **free and socialised play, with a few household items and in the company of others, is fundamental for developing cognitive, creative, and social abilities.** Time spent playing is therefore very important!

In the beginning, play is **very simple:** small interactions, hand and foot movements to explore the body's boundaries and sensations.

Then, from the age of **six months**, children start playing with objects. **There is no need to buy toys** at this age; they are often fascinated by everyday items, especially those used by parents, as they see them as important.

**After the first year**, play becomes even more exciting, and a bit more challenging for parents, who may feel they're losing control. Watching their child wobble here and there can be anxiety-inducing, **but it's essential for children to experiment with movement**, learning to master posture and motor skills by being allowed the freedom to explore.

At home, it is helpful to follow each developmental stage. For example, initially, **place fragile or dangerous items out of reach**, create accessible areas with books and play objects, and be mindful of sharp edges and doors as motor skills improve.





If you live in a small space with limited room for movement, make it a habit to go outside, lay out a blanket or large towel at the park, or visit a **library** or other spaces where children can move safely, giving parents a chance to connect with each other too.

### • THE TREASURE BASKET

Once babies **can sit up** - typically from around six months - making a 'treasure basket' is enjoyable for them and for the adults preparing it. This activity allows children to explore interesting household items and spend time together in a relaxed setting.

Choose a basket that is easy for your baby to explore, **filling it with clean, simple, and ideally natural items** like a wooden peg, fabrics of various colours, a piece of leather, or even a toothbrush, sponge, or smooth stone. Children will spend hours exploring the basket's contents, stimulating their curiosity and development.



## 4. BECOMING A PARENT

### ● **READING TOGETHER, THE GREATEST GIFT**

You can **start reading to your child even during pregnancy**: they hear the mother's or father's voice before birth and are comforted by its sound. Reading a picture book is also enjoyable for parents, calming them and supporting the growth and well-being of children. You can read to children from birth, holding them or sitting close. At this stage, they will be interested in the book itself, holding, biting, touching, and turning it. It is their way of 'reading'.

Gradually, with continued shared reading, they will follow a story, develop listening skills, focus together, expand their vocabulary, and ask many questions - all of which are crucial for healthy development.

**In Milan, public libraries offer books suitable for all ages**, and staff can recommend the best picture books for any need. Just find the library closest to you.

With their active participation in the national **Nati per Leggere (NpL, Born to Read)** programme, Milan libraries are leaders in promoting early reading, including books in languages other than Italian.

For more information, visit the Milan libraries:

[www.milano.biblioteche.it](http://www.milano.biblioteche.it)



A list of libraries by district and information on multilingual reading sessions is provided at the end of this booklet.

• **MUSIC, BEFORE EVERYTHING ELSE**

From pregnancy, babies hear voices, rhythms, and sounds: the mother's heartbeat, her voice, and those of nearby people. Being born means entering a new world of sound, with different voices, rhythms, and sensations.

**Babies respond to sound stimuli very early on.** Singing to them or with them as they grow, rocking, dancing, listening to music, even live music, are enriching experiences with many benefits.

Music, whether listened to, played, or sung, can be enjoyed at many moments of the day from birth.

**Milan's public libraries are now promoting music as a family activity** and a tool for bonding, starting from pregnancy, to enhance early childhood development in line with recent paediatric recommendations.

For further information, explore the national programme '**Nati per la Musica**' (NpM, **Born for Music**).

You can find an NpM shelf in the Fra Cristoforo library in Milan.



[milano.biblioteche.it/library/fracristoforo/bambini-e-ragazzi-2/progetti-speciali](https://milano.biblioteche.it/library/fracristoforo/bambini-e-ragazzi-2/progetti-speciali)



[milano.biblioteche.it/ragazzi/npm](https://milano.biblioteche.it/ragazzi/npm)





# USEFUL ADDRESSES AND CONTACTS

- **HEALTH SERVICES**

You can find all information on locations and opening hours here:

[www.serviziterritoriali-asstmilano.it](http://www.serviziterritoriali-asstmilano.it)



- **FOR REGISTRATION WITH THE NATIONAL HEALTH SERVICE, CHOICE OF GENERAL PRACTITIONER, CHOICE OF PAEDIATRICIAN**

it is necessary to schedule an appointment at:

<https://prenota.zerocoda.it/>



- **TO BOOK ACCESS TO THE OFFICES MANAGED BY NIGUARDA HOSPITAL**

visit this link:

<https://sportellovirtuale.ospedaleniguarda.it/#/queue/home>



# General orientation

**WeMI** • WeMi spaces are meeting and orientation points where you can find specialised operators who can help you find the welfare solutions best suited to your needs and those of your family.

## ZONE 1

- ▶ Piazza XXV Aprile, 2  
wemi.25aprile@comune.milano.it  
Tel. +39 329 8251588

## ZONE 2

- ▶ Via Eleonora Fonseca Pimentel, 5  
wemi.pimentel@comune.milano.it  
Tel. +39 344 0381677;  
+39 344 0284924;  
+39 344 0673299

## ZONE 3

- ▶ Via Sabaudia, 8  
wemi.loreto@comune.milano.it  
Tel. 02 66988437; 02 66988033;
- ▶ Via Crescenzago 56  
wemi.rizzoli@comune.milano.it  
Tel. 02 2506 2572

## ZONE 4

- ▶ Via Privata Cuccagna, 2/4  
wemi.cuccagna@comune.milano.it  
Tel. 02 83421008
- ▶ Via Piazzetta, 2  
wemi.piazzetta@comune.milano.it  
Tel. 02 55213838; +39 348 9753517
- ▶ Via Monteoliveto, 26  
emi.monteoliveto@comune.milano.it  
Tel. +39 342 1666707

## ZONE 5

- ▶ Via Saponaro, 36  
wemi.saponaro@comune.milano.it  
Tel. +39 340 8788083
- ▶ Via Lorenzo Valla, 25  
wemi.valla@comune.milano.it  
Tel. 02 82872896



**ZONE 6**

- ▶ Via Rimini, 29  
wemi.rimini@comune.milano.it  
Tel. 02 84893234
- ▶ Via Antonio di Rudinì, 18  
wemi.voltri@comune.milano.it  
Tel. +39 342 1281107

**ZONE 7**

- ▶ Via Giovanni Battista Rasario, 8/a  
wemi.figino@comune.milano.it  
Tel. 02 83551440
- ▶ Via Gabetti, 15/A  
wemi.cenni@comune.milano.it  
Tel. +39 346 883 4194

**ZONE 8**

- ▶ Via Pacinotti, 8  
wemi.pacinotti@comune.milano.it  
Tel. 02 89919333;
- ▶ Via Capuana, 3  
wemi.capuana@comune.milano.it  
Tel. 02 84049001

**ZONE 9**

- ▶ Via Ornato, 7  
wemi.ornato@comune.milano.it  
Tel. 02 66105593;
- ▶ P.zza Ospedale Maggiore, 3  
wemi.niguarda@comune.milano.it  
Tel. 02 66114333



## General orientation

### THE FIRST 1000 DAYS NETWORK

The 1000days network offers complimentary services and spaces for children aged 0 to 3 and their parents.

**Qubi** • Qubi is an initiative focused on territorial welfare, service guidance, and material assistance, carried out by the Municipality of Milan in collaboration with neighbourhood associations, parishes, and various public and private bodies in the city. Currently, the QuBi network is undergoing a reorganisation to establish connections for families. Meanwhile, you may reach out to the neighbourhood associations listed below that participate in the QuBi project.

#### ZONE 2

##### ► Cooperativa Tempo per l'Infanzia

Guidance on services for ages 0-6, paediatric care centre and kindergarten (in collaboration with UVI)

Via S. Erlebaldo 2, at the concierge's office

Mondays 9.30-12.30 FREE ACCESS

[vialemonza@ricettaqubi.it](mailto:vialemonza@ricettaqubi.it)

Tel. 351 3118876 or 351 8269944

[www.temperlinfanzia.it](http://www.temperlinfanzia.it)



##### ► Spazio Libellula

Via Filippo Tommaso Marinetti 2

corner of Via Cavezzali

Mondays 10:00-12:30 BY APPOINTMENT

Thursdays 14:00-16:30 FREE ACCESS

Tel. +39 345 1506300

##### ► UVI - Unione Volontari per l'Infanzia

Pre-school integration spaces at

**Tempo per l'Infanzia and Sos Bambini**

Via Giulio Bechi 9

[segreteria@unionevolontariperinfanzia.org](mailto:segreteria@unionevolontariperinfanzia.org)

Tel. 366 898 5581

WhatsApp: +1 412 352 1080

[www.unionevolontariperinfanzia.org](http://www.unionevolontariperinfanzia.org)



##### ► Villa Pallavicini

Via Meucci 3

Wednesdays 14:00-18:00 FREE ACCESS

Fridays 15:00-17:00 FREE ACCESS



## ZONE 3

### ▶ SOS Villaggi dei Bambini

Multifunctional meeting space  
(il Palloncino Blu),  
infant massage and psychomotricity  
Via Don Giovanni Calabria, 36  
(Oratory, Church of San Gerolamo Emiliani)  
programmi@sositalia.it  
Tel. 342 0444043

[www.sositalia.it/cosa-facciamo/  
in-italia/programmi/programma-milano](http://www.sositalia.it/cosa-facciamo/in-italia/programmi/programma-milano)



CURRENTLY IN THE PROCESS OF OPENING:

### ▶ Hub 0-6 Feltre

Feltre located at Via Feltre 68/1

## ZONE 4

### ▶ Alchemilla

Workshops with children aged 0-6 and visits  
to cultural institutions  
education@alchemillalab.it  
Tel. 349 4421654

[www.alchemillalab.it](http://www.alchemillalab.it)



### ▶ Fondazione Guzzetti

Network of affiliated private counselling  
centres (also present in zone 3 and zone 5).  
permanomilano@fondazioneguzzetti.it  
Tel. 02 40702441

PER CONTATTARE I SINGOLI CONSULENTI VISITARE IL SITO  
[www.fondazioneguzzetti.it](http://www.fondazioneguzzetti.it)



### ▶ Arché

Fiocchi in the Macedonio Melloni Hospital  
(and in zone 4 and zone 8 counselling centres)  
orientation to services and support for  
new parents

fiocchi.sacco@gmail.com  
Tel. 342 1169183 / 348 5595424

[www.arche.it](http://www.arche.it)



### ▶ In zone 4, a single contact number is available

to schedule appointments with operators  
from the various local associations:

Tel. +39 392 9242794

## General orientation

### ZONE 5

#### ► Villaggio per Crescere a Milano

Educational space for children together with their parents

Via Nicola Palmieri 26

milano@villaggiopercrescere.it

Tel. 375 5420785

[www.villaggiopercrescere.it](http://www.villaggiopercrescere.it)



#### ► Impronta Associazione Onlus

Guidance for services 0-6

simona.tonani@improntas.it

Tel. 335 5890077

[www.improntas.it](http://www.improntas.it)



#### ► ASST Santi Paolo e Carlo

in collaboration with **Crinali**

Health and listening centre for immigrant women and their children

**Presidio Ospedale San Paolo**

(Sector D, Floor -2 'Ambulatories', Room 15bis)

Obstetrical, gynaecological and paediatric examinations - Psychological and social interviews with the presence of linguistic and cultural mediators

Tel. 02 8918 1040

[www.crinali.org](http://www.crinali.org)



IN ZONE 5 YOU CAN ALSO CONTACT:

#### ► Zero5

Laboratorio di Utopie Metropolitane  
Cooperativa Sociale;

simona.michelazzi@coopzero5.org



## ZONE 6

### ▶ **Cooperativa Comunità del Giambellino**

Orientation to services 0-6 and Italian language school with children space

Via Gentile Bellini 6  
permanomilano@giambellino.org  
Tel. 345 592 2839

[www.giambellino.org](http://www.giambellino.org)



### ▶ **ASST Santi Paolo e Carlo** in collaboration with **Crinali**

Health and listening centre for immigrant women and their children

**Presidio Ospedale San Carlo**  
(Floor -1, near the referral desk)

Obstetrical, gynaecological and paediatric examinations - psychological and social interviews with the presence of linguistic and cultural mediators

Tel. 02 40222486

[www.crinali.org](http://www.crinali.org)



IN VIA DI APERTURA:

### ▶ **Hub Vega** at the facility in Via Lope de Vega 37

## ZONE 7

### ▶ **Equa cooperativa**

Guidance to services 0-6

IN THE PROCESS OF OPENING:

### ▶ **Hub Baggio**

Via Anselmo da Baggio 56  
info@equacooperativa.it  
Tel. 02 35974500

[www.equacooperativa.it](http://www.equacooperativa.it)



## ZONE 8

### ▶ **Spazio Mamme Quarto Oggiaro**

Italian language course, educational activities and workshops, women's discussion space, guidance to services

Piazza Capuana 3  
spaziomammemilano@mitades.it  
germogli@mitades.it  
Tel. 392 8506497 oppure 392 4128882

### ▶ **Spazio Mitades**

Educational oportunities and parenting support

Via F. Giorgi,15 - Trenno  
mitades@mitades.it

[www.mitades.it](http://www.mitades.it)



## General orientation

### ZONE 8

#### ► **Fondazione Arché**

Guidance to services,  
receives by telephone reservation in  
Via Cardinal Carlo Maria Martini, 12

OR AT

#### ► **Contesto**

in Via Satta 3 corner of Via Gazzoletti  
[permanomilano@arche.it](mailto:permanomilano@arche.it)  
[focchi.sacco@gmail.com](mailto:focchi.sacco@gmail.com)  
Tel. 342 8615332, or  
342 1169183 or  
348 5595424

[www.arche.it](http://www.arche.it)



In zone 8 there are three telephone  
numbers for booking appointments with  
neighbourhood organisations:

#### ► **Quarto Oggiaro**

Tel. +39 351 6818198  
Tuesday 10:00-13:00

#### ► **Gallaratese**

Tel. +39 345 1552523  
Wednesday 14:00-17:00

#### ► **Villapizzone**

Tel. +39 333 2683456  
Friday 10:00-13:00

### ZONE 9

#### ► **Mitades Focchi in ospedale Niguarda**

Guidance to services and assistance for  
new parents

Ospedale Niguarda North Block, Sector B,  
2<sup>nd</sup> floor – outside the obstetrics unit

[focchi.niguarda@mitades.it](mailto:focchi.niguarda@mitades.it)  
Tel. 392 6914255



## ALL OVER THE CITY:

### ► Caritas Ambrosiana

Coordinates the volunteers of the many parishes in the city that have a Listening Centre.

Tel. 02 760371

YOU CAN FIND THE ONE NEAREST TO YOU AT THIS LINK:

[www.caritasambrosiana.it](http://www.caritasambrosiana.it)



### ► Il Centro di Aiuto alla Vita - CAV

Via Tonezza 3  
Tel. 02 48701502

### ► L'Armadio Magico

MANAGED BY VILLA PALLAVICINI

Provides materials like clothes, accessories, and various items for early childhood)

Via del Ricordo 1

### ► Il Pane quotidiano

Distributes food rations every weekday morning (Monday to Friday, from 9:00 to 11:00) at no cost and without any discrimination, available at:

#### ZONE 2

Viale Monza 335

#### ZONE 5

Viale Toscana 28

[www.reteantiviolenzamilano.it](http://www.reteantiviolenzamilano.it)



# Anti-violence centres

## ► Somaschi Foundation

Piazza XXV Aprile 2  
Tel. 329 5870862

## ► SVSeD

**Soccorso Violenza Sessuale e Domestica  
(Sexual and Domestic Violence Assistance)**

Via della Commenda 12  
(emergency room at Clinica Mangiagalli)

Tel. 02 39628739, 380 8623364;

FOR EMERGENCIES  
Tel. 02 55038585.

## ► Se.D. - Servizio Disagio Donne (Services for disadvantaged women)

Caritas Ambrosiana  
Piazza S. Giorgio 2

Tel. 02 76037352  
337 1175658

[donne@farsiprossimo.it](mailto:donne@farsiprossimo.it)

## ZONE 3

## ► Anti-Violence Centre 'Mai da Sole'

Via Giuseppe Marotta 8  
Tel. 02 21786390  
[maidasole@ceasmarotta.it](mailto:maidasole@ceasmarotta.it)

## ► Anti-Violence Centre 'Ersilia Bronzini'

Via Giovanni Pacini 20  
Tel. 331 6405349  
[centroantiviolenza@asilomariuccia.com](mailto:centroantiviolenza@asilomariuccia.com)

## ZONE 4

## ► CADMI - Casa delle donne maltrattate (Battered Women's Home)

Via Piacenza 14  
Tel. 02 55015519

## ► Cerchi d'acqua (for psychological support)

Via Verona 9  
Tel. 02 58430117  
[info@cerchidacqua.org](mailto:info@cerchidacqua.org)

## ► C.A.S.D. CENTRO ASCOLTO SOCCORSO DONNA (Women Help Center) Presidio San Carlo

Via Pio II n.3  
Block C - Mezzanine floor

Tel. 335 6589806  
[soccorso.donna.hsc@asst-santipaolocarlo.it](mailto:soccorso.donna.hsc@asst-santipaolocarlo.it)

## ZONE 9

## ► Telefono Donna

Piazza Ospedale Maggiore 3  
Tel. 02 64443043  
02 64443044  
[info@telefonodonna.it](mailto:info@telefonodonna.it)



### ► CENTRI MILANO DONNA

They serve as community, information, and support centres accessible to all women, including those experiencing domestic violence.

You can find them at the following addresses:

#### ZONE 2

- Via Sant'Uguccione 8  
Tel. 375 8512299

#### ZONE 3

- Via Narni 1 (inner courtyard)  
Tel. 02 64443044  
327 5432268

#### ZONE 4

- Via Oglio 18 (inside City Hall, 5<sup>th</sup> floor)  
Tel. 327 4141611

#### ZONE 5

- Via Savoia 1  
Tel. 351 3039149

#### ZONE 6

- Viale Faenza 29  
Tel. 02 25137998

#### ZONE 7

- Via Lamennais 5  
Tel. 335 8192047

#### ZONE 8

- Via Consolini 4  
Tel. 375 6324205

#### ZONE 9

- Via Ciriè 9  
Tel. 347 4017820



# Legal consultations

## ZONE 1

### ▶ AVVOCATI DI STRADA – MILAN

APPOINTMENTS CAN BE SCHEDULED BY TELEPHONE AT:

#### ▶ Centro culturale San Fedele

Via Ulrico Hoepli 3  
(every Thursday of the month from 14:00 to 16:00)

and at Via Angelo Mosso 3  
(every last Saturday of the month lawyers from 10:00 to 13:00)

Tel. +39 389 4355596  
milano@avvocatodistrada.it

## ZONE 2

### ▶ Associazione Accogliersi

[www.accogliersi.wordpress.com](http://www.accogliersi.wordpress.com)



### ▶ CUB

Viale Lombardia, 20 - 2<sup>nd</sup> floor  
Tel. 02 70631804  
info@cub.it  
331patronato@gmail.com  
<https://cubmilano.org/contatti/>



### ▶ Caritas - SAI Servizio Accoglienza Immigrati (Immigrant Reception Service)

Via Galvani, 16 - Tel. 02 67380261  
sai@caritasambrosiana.it

[caritasambrosiana.it/aree-di-bisogno/stranieri/sai](http://caritasambrosiana.it/aree-di-bisogno/stranieri/sai)



### ▶ Wemi inclusione

Legal and social counselling

Via Sammartini 120  
Tel. 020202 - KEY 4.1.3

[wemi.infostranieri@comune.milano.it](mailto:wemi.infostranieri@comune.milano.it)  
[wemi.comune.milano.it/inclusione/](http://wemi.comune.milano.it/inclusione/)



### ▶ Casa della Carità

Via Brambilla 8  
by telephone appointment Monday to Friday,  
9:00-13:00 and 14:00-17:00;  
Tel. 340 1264360

## ZONE 5

### ▶ Naga

Via Zamenhof 7/A - Tel. 02 58102599  
[www.naga.it/attivita/sportello-immigrazione](http://www.naga.it/attivita/sportello-immigrazione)





**ZONE 6**

▶ **Nefida**

Via Luigi Mengoni, 3  
 Tel. 02 48303318  
 info@fondazioneonginorigoldi.it  
<https://www.comunitanuova.it/nefida-sportello-legale/>



**ZONE 7**

▶ **Legal Clinics**

Via Gigante, opposite house number 5  
 (Tuesdays and Thursdays from 9:30 to 17:30)  
 legalclinics.sansiro@gmail.com

ITINERANT

▶ **EMERGENCY Sportello Sociale Nessuno Escluso (Emergency Social Desk Nobody Excluded)**

All volumes are available for consultation in the library from Monday to Friday, from 9:30 to 16:30  
 Tel. 02 86316890

• MONDAYS:

**ZONE 3**

▶ Via Vitti 17

• TUESDAY

**ZONE 6**

▶ Via Odazio 9

• WEDNESDAY:

**ZONE 8**

▶ Via degli Ailanti,  
 INSIDE TESTORI PARK  
 POLE NO. 6

• THURSDAY:

**ZONE 4**

▶ Via Emilio Faà di Bruno 1

• FRIDAY:

**ZONE 2**

▶ Via Giacosa 44,  
 ingresso Parco Trotter

• SATURDAY:

**WEEK 1 • ZONE 4**

▶ Via Guido Ucelli di Nemi  
 (CORNER VIA MONTEOLIVETO  
 AND VIA CARLO PAREA)

**WEEK 2 • ZONE 7**

▶ Piazza Selinunte

**WEEK 3 • ZONE 5**

▶ Via Lelio Basso 7

**WEEK 4 • ZONE 4**

▶ Via Anselmo da Baggio  
 (OPPOSITE PUBLIC SHOWERS)



# Italian language school for foreigners

At the Centro Provinciale per l'Istruzione degli Adulti (**CPIA, Provincial Centre for Adult Education**) in all municipalities, you can acquire a certificate of proficiency in the Italian language and a first-level diploma

## ZONE 1

- ▶ Via Cavalieri (Via Anco Marzio 9)

## ZONE 2

- ▶ CPIA - Via Pontano 43

## ZONE 4

- ▶ CPIA - Viale Campania 8
- ▶ CPIA - Via Colletta 51

## ZONE 5

- ▶ CPIA - Via Heine 3

## ZONE 6

- ▶ CPIA - Via Scrosati 3

## ZONE 8

- ▶ CPIA - Via Satta 23

## ITALIAN SCHOOLS OPEN TO ALL

(INCLUDING PEOPLE WITHOUT RESIDENCE PERMIT)

- **Milano Italiano Stranieri**  
[www.milano.italianostranieri.org/](http://www.milano.italianostranieri.org/)



OR

- **Rete Scuole Senza Permesso**  
[www.scuolesenzapermesso.org](http://www.scuolesenzapermesso.org)



## ZONE 1

- ▶ **Binari**  
Via Marsala, 8  
Tel. 02 45491072
- ▶ **Parlami-Volontari Francescani**  
Via della Moscova 6  
Tel. 02 91159129
- ▶ **Casa delle Donne**  
Via Marsala 8  
Tel. 338 8880504



## ZONE 2

- ▶ **Abareka nandre**  
Via Venini 34  
Tel. 347 5213205
- ▶ **Binari**  
Via Privata Miramare 9  
Tel. 02 45491072
- ▶ **Amici del Parco Trotter**  
Parco Trotter, Padiglione Zadra  
Centro Multiculturale
- ▶ **Casa della Carità**  
Via Francesco Brambilla 10  
Tel. 389 0588043
- ▶ **Sanata Maria Beltrade**  
Via Nino Oxilia 10
- ▶ **Leoncavallo**  
Via Watteau 7

## ZONE 3

- ▶ **Penny Wirton**  
Via Pinturicchio 35  
Tel. 348 7834571

## ZONE 4

- ▶ **Babalena al CIQ**  
Via Fabio Massimo 19  
Tel. 329 9351145 - 346 0856391  
02 36594977
- ▶ **Liberatutti**  
Via Ludovico Muratori, 43
- ▶ **Italiano per tutti**  
Via Mincio 23  
Via Bessarione 25  
Tel. 370 3497563

## ZONE 5

- ▶ **FILEF Lombardia**  
Via Giovanni Bellezza 16  
Tel. 333 4286047

## ZONE 6

- ▶ **Arcolbaleno Association**  
Via S. Cristoforo 3  
Tel. 02 89400383
- ▶ **Le radici e le ali**  
Via Angelo Inganni 54  
Tel. 388 4125615
- ▶ **Naga Har**  
Via Ettore Ponti 21  
Tel. 02 3925466



## Italian language school for foreigners

### ZONE 7

▶ **Dimensioni diverse**

Via Due Giugno 4  
Tel. 02 4598701

▶ **Fabbrica Utopie**

Via Pistoia 10  
Tel. 346 8328680

▶ **Cactus**

Via Lucca 52  
Tel. 370 3734871

### ZONE 8

▶ **Language School  
Abba Abdoul Guibre (Cantiere)**

Piazza Stuparich 18

▶ **Porto di mare school**

Via Procaccini 4,  
Fabbrica del Vapore, unità 1  
Tel. 335 6834159  
331 4435314

▶ **Vnki school**

Via Gaetano Previati 8  
Tel. 338 1136403

### ZONE 9

▶ **la Tenda**

Via Livigno 11  
c/o Istituto Marelli

Tel. 3500362983  
3343320693

▶ **Todo Cambia**

Piazza San Giuseppe 12  
Tel. 320 4649155  
351 1118471  
351 7433635

Some of these schools offer the possibility of bringing their own children; contact them for more information.



THE FOLLOWING IS A LIST OF  
LANGUAGE SCHOOLS THAT ALSO  
OFFER WORKSHOPS AND PLAY AREAS  
FOR CHILDREN OF ALL GENDERS

**ZONE 1**

▶ **Fondazione IBVA**

Via S. Croce 15  
Tel. 02 49524600  
scuola.italianopertutti@ibva.it

**ZONE 2**

▶ **Villa Pallavicini**

v. Meucci 3  
Tel. 02 2565752

**ZONE 4**

▶ **Spazio Donna WeWorld Corvetto**

Via Romilli 4 s  
Tel. 345 1887625  
spaziodonna@weworld.it

▶ **Luisa Berardi ODV Association**

Via degli Etruschi 5  
Tel. 349 5432103  
328 6241767  
alb@luisaberardi.org

▶ **Centro Italiano Femminile**

Viale Lazio 20  
Tel. 02 54100336  
cifmilano@libero.it

▶ **Scuola Popolare di Italiano per Stranieri  
di Rogoredo**

c/o la Parrocchia Sacra Famiglia  
in Rogoredo  
Via Monte Peralba 15  
Tel. 339 2071325

**ZONE 5**

▶ **Casa per la Pace Milano APS**

Via Marco d'Agrate 11  
MIXED GROUPS OF MEN AND WOMEN  
Tel. 02 55230332  
info@casaperlapacemilano.it

**ZONE 6**

▶ **Cooperativa Comunità del Giambellino**

Via Gentile Bellini 6  
Tel. 345 592 2839  
giambellino@giambellino.org

## Italian language school for foreigners

### ZONE 7

#### ▶ ITAMA-Italiano per mamme

Piazzale Segesta 11  
Tel. 348 535021

### ZONE 8

#### ▶ Mamme a scuola

Via Dolci, Via Bodio  
Via Mac Mahon  
(ALSO IN ZONE 7, VIA CENNI)

Tel. 329 2431921  
whatsapp +39 392 555 7724  
mammeascuola@gmail.com

#### ▶ Alfabeti Onlus

Via Filippo Abbiati 14  
info@alfabetionlus.org

### ZONE 9

#### ▶ Diapason

Via Volturno 26  
and Via Cirìe 9  
Tel. 02 26000270

#### ▶ Progetto Integrazione

Via Volturno 30  
Tel. 02 66986000

MORE LOCATIONS

#### ▶ No Walls

info@nowalls.it  
[www.nowalls.it](http://www.nowalls.it)



# Public Libraries

They provide a wide range of services, including storytelling sessions for infants and toddlers.

For further information, please visit:

[www.milano.biblioteche.it](http://www.milano.biblioteche.it)



Below are the addresses for each area:

## ZONE 1

### ▶ Sormani Spazio Young

Corso di Porta Vittoria 6  
Tel. 02 88465008

### ▶ Vigentina

Corso di Porta Vigentina 15  
Tel. 02 88465798

## ZONE 2

### ▶ Crescenzago

Viale Don Orione 19  
Tel. 02 88465808

### ▶ Zara

Viale Zara 100  
Tel. 02 88462823

## ZONE 3

### ▶ Valvassori Peroni

Via Valvassori Peroni 56  
Tel. 02 88465095

## ZONE 4

### ▶ Calvairate

Piazzale Martini 4  
Tel. 02 88465801

### ▶ Oglio

Oglio 18  
Tel. 02 88445030

## ZONE 5

### ▶ San Cristoforo

Via Fra Cristoforo 6  
Tel. 02 88465806

### ▶ Chiesa Rossa

Via San Domenico Savio 3  
Tel. 02 88465991

## ZONE 6

### ▶ Sant'Ambrogio

Via San Paolino 18  
Tel. 02 88465814

## Public Libraries

### ZONE 7

▶ **Baggio**

Via Pistoia 7  
Tel. 02 88465804

▶ **Harar**

Via Albenga 2  
Tel. 02 88465810

### ZONE 8

▶ **Accursio**

Piazzale Accursio 5  
Tel. 02 88464300

▶ **Quarto Oggiaro**

Via Otranto corner Via Carbonia  
Tel. 02 88465813

▶ **Villapizzone**

Via Ferrario Grugnola 3  
Tel. 02 88465815

### ZONE 9

▶ **Affori**

Viale Affori 21  
Tel. 02 884 62526

▶ **Cassina Anna**

Via S. Arnaldo 17  
Tel. 02 88465800

▶ **Dergano Bovisa**

Via Balducci 76  
Tel. 02 88465807





# Museums and entertainment

All the museums in Milan are free for children between zero and six years old and on the first Sunday of every month, admission is free for all visitors.

More information can be found at

- **Comune di Milano**  
[www.comune.milano.it/aree-tematiche/cultura/musei-e-spazi-espositivi-le-sedi](http://www.comune.milano.it/aree-tematiche/cultura/musei-e-spazi-espositivi-le-sedi)



or

- **Museo City**  
[www.museocity.it/insights](http://www.museocity.it/insights)
- **Milano per i bambini**  
[www.milanoperibambini.it/](http://www.milanoperibambini.it/)



## WE RECOMMEND:

- **Acquario di Milano**  
V.le Gadio, 2
- **Museo di Storia Naturale**  
Corso Venezia, 55  
which houses dinosaur skeletons and various dioramas.
- **MuBa - Museo dei Bambini**  
Via Enrico Besana 12  
where a number of free days are organised.
- **BAM - Biblioteca degli Alberi**  
where children can enjoy a series of free activities.

## SOME CITY MUSEUMS:

- **Museo Poldi Pezzoli**  
[www.museopoldipezzoli.it](http://www.museopoldipezzoli.it)
- **Ambrosiana**  
[www.ambrosiana.it](http://www.ambrosiana.it)
- **Pinacoteca di Brera**  
[www.pinacotecabrera.org](http://www.pinacotecabrera.org)
- **Fondazione Achille Castiglioni**  
[www.fondazioneachillecastiglioni.it/visite](http://www.fondazioneachillecastiglioni.it/visite)



## THEATRE FOR CHILDREN:

- **Teatro del buratto**  
[www.teatrodelburatto.com](http://www.teatrodelburatto.com)
- **Spazio Teatro 89**  
[www.spazioteatro89.org](http://www.spazioteatro89.org)



# Sitography

- Associazione Culturale Pediatri  
[www.acp.it](http://www.acp.it)



- Caritas Italiana  
[www.caritas.it](http://www.caritas.it)



- Centro Nazionale documentazione e Analisi infanzia e adolescenza  
[www.minori.gov.it](http://www.minori.gov.it)



- Centro per la Salute del Bambino  
[www.csbonlus.org](http://www.csbonlus.org)



- Dipartimento per le pari opportunità  
[www.pariopportunita.gov.it](http://www.pariopportunita.gov.it)



- Dipartimento per le politiche per la famiglia  
[www.famiglia.governo.it](http://www.famiglia.governo.it)



- D.I.RE Donne in rete contro la violenza  
[www.direcontrolaviolenza.it](http://www.direcontrolaviolenza.it)



- Educazione al digitale  
[www.educaredigitale.it/](http://www.educaredigitale.it/)



- Istituto Superiore di Sanità  
[www.epicentro.iss.it/materno/](http://www.epicentro.iss.it/materno/)



- 4e - Parent  
[www.4e-parentproject.eu](http://www.4e-parentproject.eu)



- Gruppo di Lavoro per la Convenzione sui diritti dell'Infanzia e dell'adolescenza  
[www.gruppocrc.net](http://www.gruppocrc.net)



- Ministero della Salute  
[www.salute.gov.it](http://www.salute.gov.it)



- Ministero dell'Istruzione e del Merito  
[www.miur.gov.it](http://www.miur.gov.it)



- Nati per leggere  
[www.natiperleggere.it](http://www.natiperleggere.it)



- Nati per la musica  
[www.natiperlamusica.org](http://www.natiperlamusica.org)



- Nurturing Care Framework  
<https://nurturing-care.org/>



- Organizzazione Mondiale della Sanità – OMS  
[www.who.int](http://www.who.int)



- Rete Zero-Sei - Save the Children  
[www.retezerosei.savethechildren.it](http://www.retezerosei.savethechildren.it)



- Save the Children  
[www.savethechildren.it](http://www.savethechildren.it)



- Società Italiana Pediatri  
[www.sip.it](http://www.sip.it)



- Unicef  
[www.unicef.it](http://www.unicef.it)



- UPPA Magazine  
[www.uppa.it](http://www.uppa.it)





**EccoMI**

Save the Children believes  
every child deserves a future.

All around the world,  
we do whatever it takes  
– every day and in times of crisis –  
so children can fulfil their rights  
to a healthy start in life,  
the opportunity to learn and  
protection from harm.

Our experts go to the hardest-to-reach  
places where it's toughest to be a child.

We ensure children's unique needs  
are met and their voices are heard.

Together with children, families  
and communities, as well as supporters  
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**Save the Children**

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