



GROWING UP TOGETHER

A guide to services and resources
for children and parents



COMUNE DI TRENTO

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COMUNE DI TRENTO

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A guide to services and resources
for children and parents

Franco Ianeselli

Mayor of Trento

Becoming a parent means stepping into uncharted territory. It is a delicate and fascinating world, sometimes complicated, for which we are not always prepared. This acknowledgement of our own fragility need not be frightening, nor is it an insurmountable obstacle: if anything, it gives rise to a healthy awareness that already sets us on the right path. As they used to say, at the moment of birth, we are not handed any specific instruction manual for the little one we will be taking care of for many years to come. So no one is asking us to be perfect parents, nor to do everything on our own. With large extended families mostly a thing of the past, and people increasingly moving between cities, there is now a risk that parenthood, especially in the early days, can be a solitary experience. To prevent families from feeling isolated during the first years of a child's life, parents need to find support, assistance and opportunities to share experiences. And not just to cope with the inevitable sleepless nights, but also to share fears and doubts with other mums and dads and with the wide range of experts in the world of childhood. This is precisely what the pages of this guide are for: to provide points of reference and ideas, and to identify the facilities and professionals dedicated to young children and new parents within the municipality of Trento.

I would like to thank everyone who has helped to put together this guide, designed for those embarking on the extraordinary adventure that is raising a child. And I extend a warm welcome to the newborns. They deserve the care and attention of the whole city, so that they never lack support during that stage of life which marks the exciting beginning of everything.

Welcome, little girls and boys! Best of luck to the new parents!

Elisabetta Bozzarelli

Deputy Mayor. Councillor for Culture, Sport and Education.

Giulia Casonato

Councillor for Social Policy, Housing and Community
Engagement

Becoming a parent is one of the greatest adventures you can embark upon! A choice that combines intense joy with daily challenges, new insights and the need to create a safe and loving environment.

This guide stems from a simple belief: the Municipality of Trento wants to stand by those who become parents, not merely as a service provider, but as part of an educational community that welcomes, supports and ensures families never feel alone in the many challenges of raising children.

'GROWING UP TOGETHER' has been designed to bring together, in a single clear and accessible resource, essential information on the services and opportunities that the City Council and the local area offer to children and their families. So that every parent can know, simply and immediately from the start, who to turn to, what rights they have and what resources are available, without having to search for them on their own.

We wanted this guide to be attractive too, because the first contact with an institution can and should be a positive experience. The Council, the city, the community is a place of support, closeness and care. Behind every page lies a network of professionals, from paediatricians to social workers, from educationalists to teachers, who work every day to ensure that Trento lives up to the needs of every child.

Presenting this guide is both a symbolic and practical gesture for us. It is the city's way of saying 'welcome' to every new resident, and to those who look after them.

Enjoy reading it, and have a pleasant journey.

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1

Health and Wellbeing



1.1

Health services

Paediatrician of your choice

When a baby is born, you can contact your local Health District to choose a general paediatrician (also known as a paediatrician of your choice) who will look after your child's health. Here you will find information on the procedure and the documents required to select a paediatrician.

tel. 0461 371037



LINK

Free health, wellness and counselling service for individuals, couples and families

This is a service provided by the Trentino Integrated University Health Authority (ASUIT), offering free advice, guidance and information on wellness, as well as healthcare, psychological and social support. A range of professionals work together across the region: midwives, nurses, healthcare assistants, social and healthcare workers, gynaecologists, psychologists and social workers.

tel. 0461 902190



LINK

Neonatology



LINK

tel. 0461 903512

Clinical psychology



LINK

tel. 0461 902100

Paediatrics and Paediatric Accident & Emergency (A&E)



LINK

tel. 0461 903538

Information desk for people with disabilities



LINK

tel. 0461 239396

Out-of-hours medical service



LINK

tel. 116117

Dental care



LINK

tel. 0461 902381

Paediatric vaccinations



LINK

tel. 0461 902247



1.2. Good practices for the health and development of children

These are practical, enjoyable experiences you can share right from birth. Day after day, they 'nurture' the growth and health of children, strengthen the parent-child bond, and lay a lasting foundation for the development and well-being of both adults and children.

Breastfeeding and healthy eating

Eating well from birth lays the foundations for lifelong health. Breastfeeding is universally recognised as an investment in the health of the child, the mother, the family, the environment and the whole community. Here you will find up-to-date information on breastfeeding and infant feeding in line with the WHO-UNICEF Baby-Friendly initiatives, implemented throughout the Trentino Integrated University Health Authority.



LINK

Breastfeeding in nurseries

You may breastfeed in the nursery or request that breast milk be fed to your baby in accordance with the nursery's guidelines.



Changing and breastfeeding facilities

Breastfeeding away from home is a natural act that should be able to be done anywhere, whenever a baby wants to feed. Below is a list of places in Trentino and Trento dedicated to breastfeeding and nappy changing: the UNICEF Baby Pit Stops.

[LINK](#)

Vaccinations

Vaccinations protect children from many diseases. You will receive a letter inviting you for the first vaccinations during your child's third month of life. To find out more about this important matter, speak to your paediatrician and the ASUIT vaccination services.

[LINK](#)

Reading – Born to Read

Reading together is a vital experience which, from the very start of pregnancy, strengthens the bond between parent and child and supports children's intellectual and emotional development (language, attention, memory, etc.). Reading together is promoted by the national Born to Read programme, launched thanks to the collaboration of various experts and promoted throughout the community by paediatricians, midwives, librarians and educators.

[LINK](#)

Music – Born for Music

Listening to music together helps parents build an even stronger bond with their children, thanks to the communicative power of music and sound. The experience of sound and music in daily life enriches intellectual, social and emotional development. This best practice is promoted by the national Born for Music programme, launched through the collaboration of many professionals to offer parents practical advice on incorporating music into the daily family experience. The programme is promoted throughout the community by musicians, paediatricians, midwives, educators and librarians.

[LINK](#)



Mindful use of digital devices

To grow and thrive, children need hands-on experiences that engage all their senses, as well as relationships with their parents, other adults and their peers. It is advisable to limit the use of digital devices in their presence, and to avoid relying on these devices to entertain, soothe, feed or settle children to sleep. Screens can distract from the interactions children need with the adults around them - those who are present, attentive, and able to understand their signals and respond with care, sensitivity and affection.

To explore these issues further, take part in the meetings organised by the A.M.A. association.

Stay informed via the Custodi digitali platform.



LINK



LINK



Safety at home and in the car

To ensure a healthy and safe environment in which children can grow, it is important to avoid smoking in their presence and to protect them from accidents in the home as well as from risks that may arise during sleep or when travelling by car. Here you can find information on care, health and safety.

[LINK](#)[LINK](#)

Airway clearance

Airway clearance refers to the set of life-saving manoeuvres used to clear the throat of an object or a piece of food, immediately restoring the flow of air to the lungs. Here you will find instructions on the manoeuvres to use.

[LINK](#)

2

Opportunities for growth for children and parents



2.1

Social and educational services for early childhood

Nurseries

These are social and educational services which, in partnership with families, promote the growth and development of children aged between 3 months and 3 years. There are 27 nurseries in Trento, all following a common educational programme. Below you will find all the information you need to enrol your child in a nursery run by the Municipality of Trento.

tel. 0461 884365



LINK



LINK

Workplace Nurseries

These are crèches for children aged between 3 months and 3 years located in the workplace; they are situated in childcare facilities within companies or in the immediate vicinity. Currently, in Trento, company crèches are in operation at ASUIT, the University of Trento and Itas.

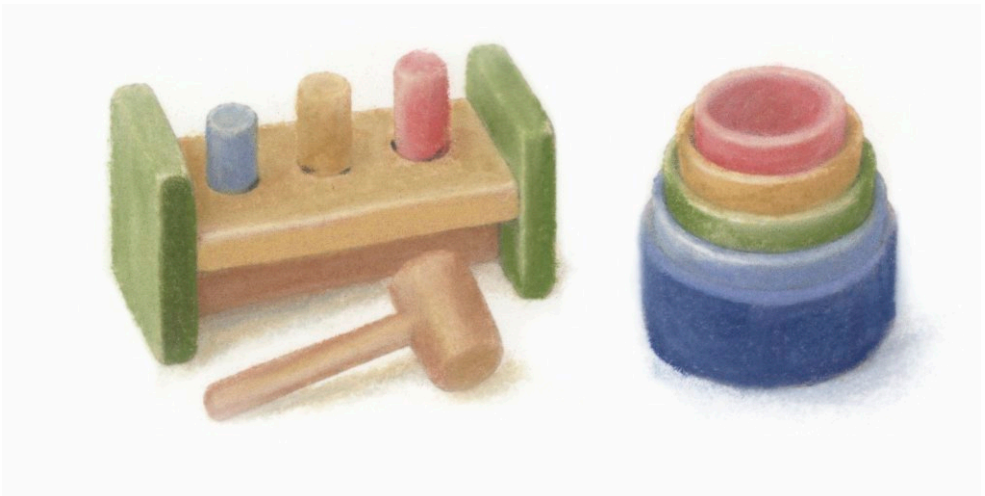
Childminder (Tagesmutter)

This childminder service is an alternative to traditional nurseries, designed for children aged between 3 months and 3 years who live in the Municipality of Trento. A qualified childminder looks after the child (or a small group of children) either in their own home or in a suitable and safe environment. The service offers stable, continuous care and personalised education in a family setting.

The municipality provides an hourly subsidy to families to partially cover the cost of using the service.



LINK



2.2 Spaces for meeting, interaction and learning

Across the city, there are many opportunities for children and their families to meet, share moments of play, support one another, and learn together. To stay informed and find out about monthly events, subscribe to our **Intrecci newsletter** and join the Intrecci in città **WhatsApp group**.

Here are some suggestions:

Parent-child drop-in centres

These are welcoming, free spaces, accessible without booking (with a few exceptions) and with flexible opening hours, where parents and children aged 0 to 6 can meet and spend time together in a simple, relaxed setting. People chat, play, share snacks and exchange ideas, advice, emotions, joys and even the little daily struggles.

Parent support groups

These are initiatives designed to bring together adults who are going through the same stage of life or a shared experience, such as becoming parents or grandparents. During these meetings, people can chat freely, share their experiences, discuss issues and support one another. In addition, there are training opportunities organised periodically to explore specific topics related to parenting.



LINK



LINK

Spaces for Growth

These sessions focus on best practices in childcare and education that bring significant benefits to children's development and the parent-child relationship.

The focus of these sessions is on play, reading and music to be enjoyed as a family from the very first months of life, as well as digital technologies (smartphones, tablets and other devices) - the use of which is becoming increasingly widespread and starting at an ever-earlier age, with an impact on children's development - and the importance of physical contact in the early years of life. The sessions, which are free but require pre-registration, are aimed at parents with children aged 0 to 3. During the sessions, participants have the opportunity to play and try out enjoyable activities that can easily be replicated at home, as well as to chat with other parents and trained, qualified staff.

[LINK](#)

City parks

Urban parks can also provide an opportunity for families to meet informally. Here is a guide to the city's parks, where you can find information on how to get there and what play equipment is available.

[LINK](#)

2.3

Wellness, counselling and advice

Counselling and advice services provide information, guidance, discussion and support to help you cope with the challenges of everyday life, with a particular focus on relationships and parenting. You can access these services free of charge by appointment.

Below you will find various organisations offering this service.

Free health, wellness and counselling clinic

This is a service provided by the Trentino Integrated University Health Authority, offering advice and information, health promotion to help you learn how to feel better and look after yourself, as well as healthcare, psychological and social support. A range of professionals are available, including psychologists. The service is free of charge and available for individuals, couples, and families.

tel. 0461 902190



LINK

UCIPEM Family Counselling Centre

This service is designed for individuals, couples and families. Here you can find help in addressing and resolving issues that may arise in your relationships with others. The centre also offers activities (such as courses or meetings) to help you better manage the various stages of life as a couple and as a family, with a view to preventing future difficulties. The service is free of charge.

tel. 0461 233004



LINK

Punto Famiglie - Ass. A.M.A.

Here you can find a listening space offering free support and guidance sessions. It is aimed at individuals, couples and parents who are going through difficult times, change or uncertainty. Sessions are free and by appointment.

tel. 0461 391383



LINK

Educational advice - Direct line

This service is run by the Municipal Educational Coordination Office and is open to all parents of children aged 0 to 6. It offers families an opportunity to discuss and explore issues relating to early childhood education. Consultations are free of charge and by appointment.

asilonido.centrogenitori@comune.trento.it



2.4

Cultural spaces

Children's Library – Palazzina Liberty

This library is dedicated to children aged 0 to 14. Throughout the school year, it organises numerous activities for local schools, from nurseries to lower secondary schools.

[LINK](#)

Library card for your child

Parents can apply for a library card at the libraries by completing a registration form for their child and presenting proof of identity. You can find the registration form below.

[LINK](#)

MUSE (Trento Science Museum)

Here, particular attention is paid to children, with dedicated spaces and activities designed just for them. The museum also features an area for children aged 0 to 5 called Maxi Ooh – the sensory forest.

[LINK](#)

MART (Museum of Modern and Contemporary Art, Rovereto) and GALLERIA CMICA, Trento

Here you'll find plenty of opportunities for socialising, leisure and learning designed for families. Creative workshops to play and learn through artistic expression, museum holidays spent immersed in art and architecture, birthday parties with a unique twist, and guided tours of the collections.

[LINK](#)

Buonconsiglio Castle

Here you can find workshops and activities for families organised by the Castle's educational services throughout the year.

[LINK](#)

Tridentine Diocesan Museum

Tridentine Diocesan Museum

It offers activities and programmes designed for families, with engaging museum tours suitable for all ages. Creative workshops, storytelling sessions and play-based activities are available, with initiatives tailored for young children, often in collaboration with the 'Nati per Leggere' programme.

[LINK](#)

Gianni Caproni Aviation Museum

It exhibits a collection of original historic aircraft of global significance and offers activities and guided tours.

[LINK](#)

Piedicastello Galleries

This is not a traditional museum, but two road tunnels closed to traffic and converted into cultural spaces. Here you can find historical exhibitions and guided tours.

[LINK](#)

Sas Underground Archaeological Site

Here you can explore Roman-era Trento with your children. Throughout the year, a number of initiatives dedicated to families are proposed in the space.

[LINK](#)

Roman Villa of Orpheus

This is a lavish Roman residence adorned with a magnificent mosaic. Throughout the year, you'll find a number of family-friendly events here.

[LINK](#)

Santa Chiara Cultural Centre – Family Theatre Outings

The Santa Chiara Cultural Centre organises a theatre programme for families, with afternoon performances at weekends. Below you will find a list of theatre performances for families.

[LINK](#)

Haydn Foundation

Haydn Foundation curates a programme, dedicated to families with children aged 0 to 10, featuring operas, concerts, interactive musical theatre and creative workshops. An opportunity to discover the magic of live music.

[LINK](#)

San Marco Theatre - The family goes to the theatre

Below you will find a selection of theatre performances dedicated to families. An opportunity to discover the theatre from a young age.

[LINK](#)

Villazzano Theatre

Explore a collection of family-friendly theatre performances and introduce children to the world of theatre from a young age.

[LINK](#)

Meano Theatre

Below you will find a selection of theatre performances suitable for families. A chance for children to discover the theatre from a young age.

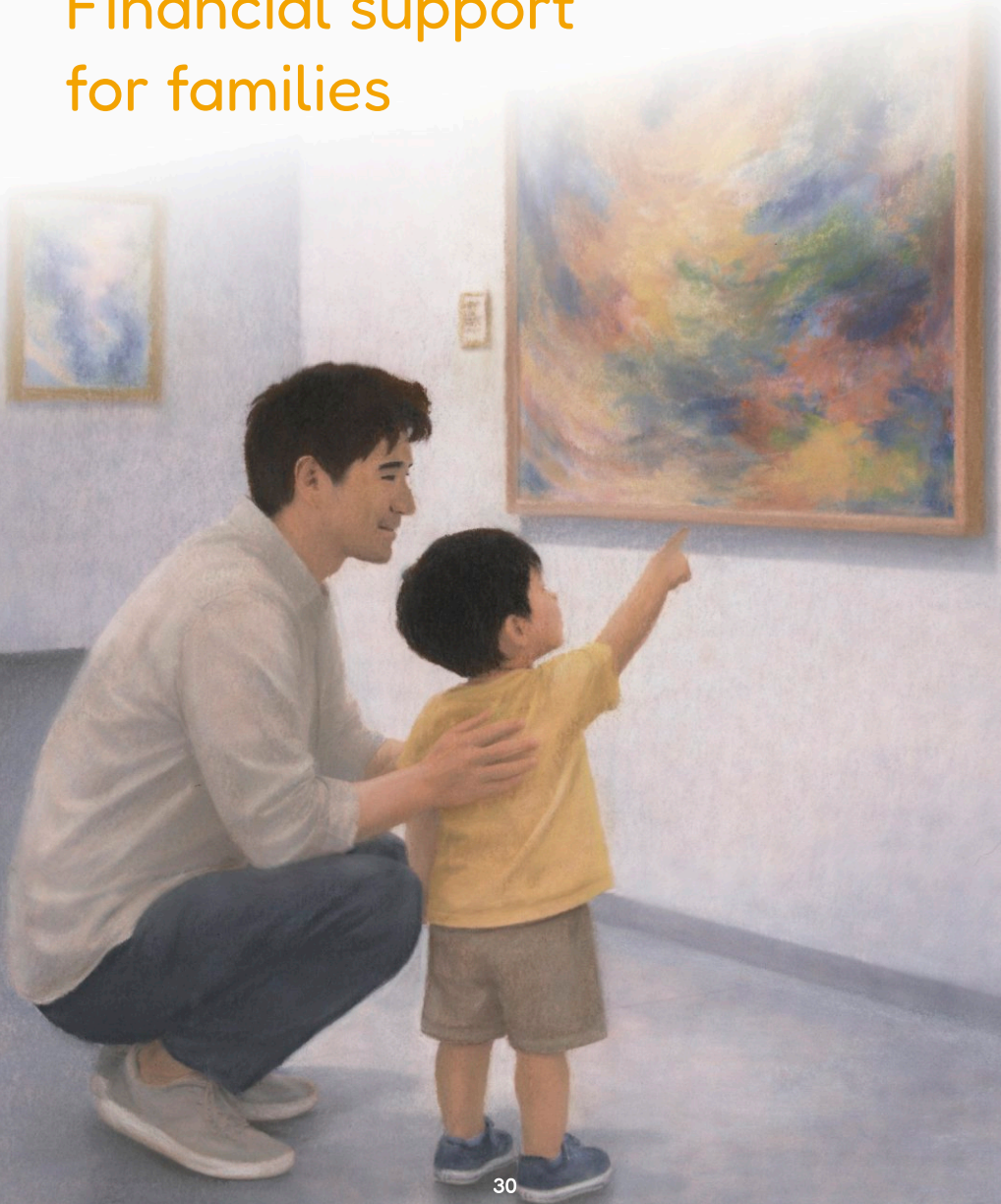


LINK



3

Financial support for families



3.1

National and provincial level support

Universal Child Benefit

This is a national financial support scheme for households with dependent children aged up to 21 and children with disabilities. The benefit is universal, meaning it is available to everyone, regardless of income. The amount may be increased if you have a valid ISEE below €40,000, or in other specific cases. Here is the link to the dedicated page on the INPS website. We recommend contacting a CAF for further information and to start the application process.

[LINK](#)

Provincial Universal Child Benefit

This is a provincial financial support scheme aimed at households residing in the Province of Trento with minors, disabled children or those on low incomes, which is designed to complement the national universal child benefit. Applications must be submitted via the Province's offices or welfare agencies and require the completion of an up-to-date ICEF form. A single application form allows access to multiple benefits.

Here is the link to the dedicated page on the website of the Autonomous Province of Trento. We recommend contacting a CAF for further information and to start the application process.

[LINK](#)

Euregio Family Pass

This is the family card issued by the Autonomous Province of Trento. It is free of charge and valid for all resident families with at least one minor child, regardless of income. Holders of the card can enjoy discounts and special rates on transport, at museums and at numerous participating organisations, both public and private, in Trentino, South Tyrol and Tyrol.

[LINK](#)

Service Vouchers for Work-Life Balance

These vouchers cover part of the costs of accessing educational, care and childcare services for children or foster children aged between 3 months and 14 years (or under 18 in the case of children with a certified disability).

[LINK](#)

Cultural Voucher

This is a financial contribution designed to support families in financial difficulty and large families (with three or more children), who are residents within the province and meet certain criteria, to enable their minor children to participate in activities in the following areas: music schools/marching bands/choirs, theatres/amateur dramatics groups, and cinema.

[LINK](#)



Sports voucher

This is a financial contribution designed to help families with minors take part in sporting activities, with a particular focus on those facing financial hardship and large families. The voucher helps cover part of the costs of enrolment and participation in sports courses and activities organised by sports associations and clubs affiliated with the project.



LINK

Birth allowance for a third child

This is a one-off financial benefit intended for households in which a third child is born or adopted on or after 1 January 2026. The allowance is payable for a maximum period of ten years, starting from the month following the birth or adoption and continuing until the child reaches the age of ten.



LINK

Pensplan Bonus

The Autonomous Region of Trentino-Alto Adige provides a contribution to support the enrolment of children in a supplementary pension scheme. The contribution is not dependent on the household's financial circumstances.

[LINK](#)

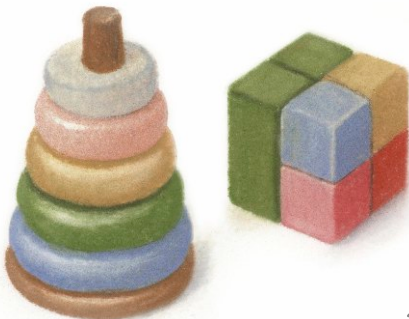
Application for social security contributions towards the care and upbringing of minor children

This is a contribution to cover social security costs during the period of absence from work for a parent who is dedicated to the care and upbringing of his or her children.

[LINK](#)

Request for advance payment of child support

This is a monthly payment of sums intended for the maintenance of children and not paid by the parent liable for maintenance. This is a monthly child maintenance payment applicable if unpaid by the parent legally obligated to provide support.

[LINK](#)

Nursery bonus and home-based support - INPS

This is a contribution towards the payment of fees for attending public and private nurseries or for home-based care. It is aimed at parents of a minor who meet the necessary requirements.

[LINK](#)

New Maternity Bonus – INPS

This is a monthly allowance of €40 for working women with at least two children. The bonus is payable to mothers with two children until the second child reaches the age of 10, and to mothers with three or more children until the youngest child reaches the age of 18.

[LINK](#)

State Newborn Bonus - INPS

This is a government-provided income support benefit designed for parents, aimed at encouraging higher birth rates while helping families manage the financial costs of raising children.

The allowance consists of a one-off payment of €1,000 and is available to the parent of a child with an ISEE value not exceeding €40,000. The application must be submitted within 120 days of the child's birth.

[LINK](#)

3.2

Support measures in the Municipality of Trento

Rent subsidy (rent allowance)

This is a financial contribution intended to assist with rental costs for housing on the private market, where the household has officially registered its residence. The subsidy can cover up to 50% of the rent, subject to a maximum of €300 per month. Applications must be submitted online during the periods specified by the Province.

[LINK](#)

Affordable rental accommodation (public rental housing)

This refers to public housing allocated on the basis of the household's financial situation and housing needs. Applicants must be Italian or European Union citizens or, for non-EU citizens, hold a residence permit valid for at least two years. Applicants must have been continuously registered as residents in the Province of Trento for at least three years, have a housing ICEF indicator of 0.21 or less, and not own any other suitable accommodation. Applications are submitted in response to calls for applications issued every six months.

[LINK](#)

Affordable housing (moderate rent)

This scheme provides access to rental housing at a rate reduced by approximately 30% compared to market rates. Households with a housing ICEF indicator of between 0.16 and 0.39 who do not own any other suitable accommodation can request this service. To be eligible, you must be a resident in the province of Trento for at least the past three consecutive years and, for non-EU citizens, hold a residence permit valid for at least two years.

For all the measures mentioned above, you must hold a valid ICEF (Public Housing) certificate, which can be requested free of charge from any CAF. As notices and calls for applications have specific deadlines, we recommend monitoring the links above or contacting the Housing Policy Project of the Municipality of Trento on 0461 884050.

[LINK](#)

Subsidy for Childminder (Tagesmutter) daycare service

This is an hourly subsidy intended for families to partially cover the cost of using the Tagesmutter service provided by accredited providers. The allowance, calculated on the basis of the ICEF indicator, is available for children residing in the Municipality of Trento who are not simultaneously using another educational service provided by the Municipality, with the exception of supplementary services.

[LINK](#)

Waste collection fee reduction for low-income households

This is a reduction applied to waste collection charges for residents of the Municipality of Trento with an ISEE of up to €9,530 or, in the case of large families (with at least four dependent children), up to €20,000.

[LINK](#)

Waste collection fee reduction (TARI) – Children under 30 months

This is a discount of €40 per year, applied to the household waste charge for each child under 30 months of age.

[LINK](#)

Waste collection charge (TARI) reduction – Purchase of washable nappies

This is a discount applied to household waste collection charges for the purchase of washable nappies. The subsidy covers 50% of the cost incurred, up to a maximum of €50 for each child under 30 months of age.

[LINK](#)



4

Useful references



URP (Public Relations Office)

This office provides information on all services, procedures and departments of the municipal administration.

tel. 0461 884453

comurp@comune.trento.it



LINK

Welfare and Social Cohesion Service

This department is dedicated to supporting citizens in need and enhancing their well-being, while also contributing to the overall quality of life within the community. It provides services tailored to diverse groups within the population, including older adults, families, children, adolescents, and young people, while promoting social inclusion and offering dedicated support for individuals with disabilities.

tel. 0461 884030

servizio.welfare@comune.trento.it



LINK

Childcare and Education Services

Responsible for activities relating to early childhood and education. Manages nurseries, supplementary services and the childminder allowance.

tel. 0461 884172

servizio.istruzione@comune.trento.it



LINK

Registry Office and Civil Status

Responsible for activities and services directly aimed at citizens concerning civil status, the registry office and electoral matters.

ufficio.statocivile@comune.trento.it



LINK

5

Further reading



Welcome to the world! Advice and care for parents and children

A short guide compiled by UNICEF, offering some simple advice for new parents and anyone looking after young children, with a particular focus on feeding, communication and play, from the first week of life up to the age of two.

[LINK](#)

Care that nurtures

A short guide to best practices for the development of children in the first thousand days. It contains practical advice to share at home with your children on activities such as reading, music, play and cuddles, as well as a section dedicated to the mindful use of devices within the family. The guide is also available at the link.

[LINK](#)

UPPA - Step by Step Newsletter

Uppa's free newsletter that accompanies the growth of your baby from pregnancy to the age of three.

[LINK](#)