## Inhalt

	Vorwort	4
1	Who cares?	7
2	The family	13
3	Is anybody listening?	18
4	Mental health and substance abuse	23
5	Childcare for nursery and school-age children	28
6	Pre-school fun	33
7	Special needs	38
8	Food and health	44
9	I need some advice	49
10	Caring for the environment	55
	Kopiervorlagen	60