



## Being a Parent

Raising a child is demanding. Many parents ask themselves at various times what is best for their child. Sharing experiences with other parents can be very valuable. In addition, there are various helpful counselling centers.

### Meeting Points

There are many opportunities for mothers and fathers to exchange experiences with other parents or to take part in activities with their child. Several opportunities are provided to enable Swiss and foreign parents to get to know each other.

- For small children there are many offers, through which parents come into contact with each other as well.
- Parent-child gymnastics ("MuKi-/VaKi-/EIKi-Turnen") offer games, fun, and exercise for parents and their children. Gymnastics are offered in most communities.
- Family centers (Familienzentrum) host various events for parents and their children.
- You can meet other parents, socialise and use the rooms for breastfeeding, weighing, reading and playing in the free meeting places of the Mothers' and Fathers' Counselling Service.
- Libraries have offers for younger and older children and their parents.

Inquiring about the numerous regional opportunities at the communities of residence is always worthwhile.

### Parental Education

In Canton Bern parents can take classes on a wide variety of topics. There are classes that specialize in addressing immigrants' needs. For example, there are classes on the Swiss school system. Some classes are offered in foreign languages. One can find information about course offerings on the family portal of the canton, as well as at the schools or the municipality of residence. There are also various classes for preparation and support on the topic of birth.

In the free group counselling sessions offered by the Mothers' and Fathers' Counselling Service, you can discuss current family issues, receive valuable suggestions from experts and make new contacts in your region.



## **Educational Counselling**

Persons with questions regarding children's education can turn to various information centers. All regions have parenting counselling services. On behalf of the canton, they offer free counseling for families with children. Furthermore, the mother and father counseling services in various municipalities offer their help on questions of infant care as well. The parent helpline works with a trained staff that counsels parents on the phone or via email (telephone 0848 35 45 55 (free), [www.elternnotruf.ch](http://www.elternnotruf.ch)).

## **Counselling for mothers and fathers**

The Mothers' and Fathers' Counselling Service offers free advice on nutrition, care, development and education for children between the ages of 0 and 5. The counselling takes place in a counselling centre, by telephone or online. Get in touch if you have any language barriers – we will find a solution!

Information on counselling for mothers and fathers in 16 languages

Information and registration: 031 552 16 16

## **Additional information (links, addresses, information sheets, brochures)**

[www.hallo-bern.ch/en/partnership-and-children/being-a-parent](http://www.hallo-bern.ch/en/partnership-and-children/being-a-parent)