

## Station: Eltern werden – Eltern sein

Bildungsguide „Familienchance - Freiburg“

Sprache: Englisch



Hello, My name is Anke Adam and I am a member of the board of directors of the association “Eltern werden – Eltern sein” (Become a parent – Be a parent). Our association rooms are located in the middle of the district, at 4 Grete Borgmann Street. We want to reach parents-to-be and families with children, in order to give them information, support and stimuli for their everyday life. In addition, the course participants get the chance to socialise and exchange experiences. In our class rooms, we organise various courses, seminars and talks on topics such as pregnancy, birth, parenthood and education.

Question: Can you tell me more about the courses you offer?

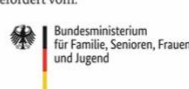
Yes, of course – For instance, there are birth preparation courses or yoga for pregnant women. After birth, one can attend a cantienica course to train the pelvic floor, one can get fit again during a Pilates course by means of various physical exercises or attend the first play or music group with the baby and get to meet other parents and children.

The PEKIP courses are very popular, a group activity for parents with their babies up to one year old. Another movement activity for babies over 6 months old with one parents is FenKid. During the course “Room for movement”, we place the focus on a movement activity for toddlers over 12 months old.

Furthermore, we have different music groups with own concepts for various ages. Younger children are accompanied by one parent, older children can attend a course alone, starting with the age of 3 years. There are courses for toddlers over 11 months or “Let's make some music today” courses for children over 2 years old, as well as “Music with panpan” for children over 4 years old.



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Moreover, one gets the chance to get informed about various topics by means of seminars and talks, for instance what to do when children have an accident and how to render first aid in case of emergency. In an ArtGerecht seminar, we concentrate on what are exactly the needs of a baby and how to satisfy them. We also offer individual advice. Further, we offer self-help groups the chance to regularly get together in our rooms, currently among others, a self-help group around the topic of C-sections. In addition, we take part every year in big events, for example the International Children Day in September at Seepark, with a movement track.

Question: Does the participation in your courses require a charge?

Yes, the activities require a charge, however one can use the educational and participation vouchers and reduce the course fees. On our webpage [www.elternwerden-elternsein.de](http://www.elternwerden-elternsein.de), one can find all the courses and the free places in each course clearly laid out and presented. One can register directly via an online registration system on the homepage. And we are of course looking forward to greeting new families, because everybody is welcome to attend our courses!

**Englische Übersetzung:** Luminița Trașcă

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