

Being a Parent

It is not easy to raise a child. Sometimes, you might wonder what is good for your child. It can be very helpful to discuss this with other parents. A number of different counselling centres can also help you.

Meeting Points

There are plenty of programmes for mothers and fathers. Here you can talk to other parents or do something together with your child.

- Toddlers' groups (Krabbelgruppen) are for babies and young children up to 2 years of age. Here you can get to know other parents.
- Parent-child gymnastics (with the mother, the father or both parents and the child) are for parents with young children. You can play together, exercise and have fun. Most communes offer these gymnastics programmes.
- Community centres (Quartiertreffpunkte) offer different events for parents and children.
- Libraries and games libraries have offers for young and older children and their parents.

Parental Education

In Canton Basel-Stadt, there are courses for parents on a wide variety of topics. There are also special courses for migrants. For example, there are courses on the Swiss school system. Some classes are also offered in foreign languages.

Educational Counselling

If you have any questions on raising your children, a number of counselling centres can help. For example, if you have babies and young children under 5 years of age, you can go to parental counselling (Elternberatung).

In the event of urgent questions, there is a parental hotline. Here you can get advice from experts. You pay the normal landline rate when you call. Telephone: 0848 35 45 55. Or you can write an email. You can find the address on www.elternnotruf.ch.

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

www.hallo-baselstadt.ch/en/partnership-and-children/being-a-parent