

## 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 centres.

### 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 infants and toddlers up to age 2 there are playgroups (Krabbelgruppen) where parents can make contact as well.
- Parent-child gymnastics (MuKi-/VaKi-/ElKi-Turnen) offer games, fun, and exercise for parents and their children. Gymnastics are offered in most communities.
- Family centres (Familienzentrum) host various events for parents and their children.
- 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 Aargau 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. The website "Elternbildung Aargau", schools, and the community of residence will have additional information about different offers.

### Educational Counselling

Persons with questions regarding children's education can turn to various information centres. All regions have family counselling centres. In addition, mother and father counselling (Mütter- und Väterberatung) is available in various communities, including questions regarding infant care. The parent helpline works with a trained staff that counsels parents on the phone or via email (telephone 0848 35 45 55 (fixed network tariff), [www.elternnotruf.ch](http://www.elternnotruf.ch)).

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

[ola-aargau.ch/en/partnership-and-children/being-a-parent](https://ola-aargau.ch/en/partnership-and-children/being-a-parent)