FAMILY CENTER PUSTEBLUME

Course program
March–August 2023

www.studierendenwerk-aachen.de
Family Center Pusteblume

More and more parents are benefiting from family centers that offer children and parents both: first-class care and education as well as counseling and support.

Since 2008, the Pusteblume childcare center has held the seal of quality Family Center NRW since 2008 and was recertified for the third time in 2020. The aim is to strengthen the parenting skills of parents and to improve the interplay between family and work. As the center of a network of various family and child support services, we offer early counseling, information and help in all phases of life. Our course offerings are primarily aimed at student parents and their children; however, non-students are also welcome when space is available.

Get to know our family center, we look forward to meeting you!

Carmen Reiß-Frings
Head of Department
Well advised is half the deal

Information sessions on childcare as a form of care and help in finding a daycare provider in the city of Aachen are offered by Familiäre Tagesbetreuung, Harscampstraße, Tel. +49 241 87-93510.

Parents who would like to have their child cared for in a daycare can find information on the parental contribution in an information sheet from Fachbereich Kinder, Jugend und Schule of the city of Aachen FB 45. This information can be found on the homepage of the city of Aachen.

Advice and support

The daily routine of student parents is often a demanding organizational task. Many factors can have a negative impact on family life. Maybe you’re stuck in exam stress or your chosen field of study is turning out to be different than expected? A single parent sometimes needs more support. With our offers we would like to provide you with assistance and advice.

Counseling in educational issues

The childcare team will be happy to help you if there are any questions regarding education. Contacts are Carmen Reiß-Frings, systemic Counselor, Sandra Pawlas and Jennifer Striegel, Heads of the family center.

Appointments can also be made with colleagues from the Caritas family counseling center on Reumontstraße.

Please make an appointment with us: Tel.: +49 241 7508958
Parent-child playgroup + German course
for refugee families

Time: 2 x a week, Tuesdays and Thursdays from 9:00–11:00 a.m.
Location: Childcare center Pusteblume, multipurpose room
Instructors: Volunteers of kommunales Integrationszentrum and teachers of the childcare center

You will receive more information at the registration.

Strong parents - strong children
in cooperation with Kinderschutzbund Aachen

Time: Exact dates on request
Location: Childcare center Pusteblume

This parenting course strengthens positive parental authority, gives more courage and joy in raising children and provides basic knowledge in communication and conflict management. The focus is on dealing with one's own values, educational goals, attitudes and behaviors.

First aid for the child with practical exercises
in cooperation with "Lernimpuls-Aachen"

Time: Exact dates on request
Location: Childcare center Pusteblume
Price: € 20 per person (course incl. certificate)
minimum ten, maximum 15 participants
Who: Parents, teachers and all who are interested

You will receive more information at the registration.
Game library

To stimulate playing outside the facility, the childcare center Pusteblume lends board and parlor games to families. Sandra Pawlas accepts requests.

Prague-Parent-Child Program (PEKiP)
for children in the first year of life

Time: Tuesdays, 3:00–4:30 p.m.
(dates available at Helene-Weber-Haus)
Location: Childcare center Pusteblume, multipurpose room
Instructor: Sigrid Siebertz
Price: € 70 (free of charge with Elternstart NRW voucher)
Registration: Helene-Weber-Haus
www.heleneweberhaus.de/kurs/pekip

Movement games, sensory stimulation and baby massages offer mothers and fathers the opportunity to get to know their children better, deepen their connection with them and have fun at the same time. Parents can discuss questions about the baby and family changes and consult with the PEKiP instructor.
Early musical education
for four year old children

Time: Wednesdays, 2:00–2:45 p.m. and 2:45–3:30 p.m.
Location: Childcare center Pusteblume
Instructor: Ulrike Disselkamp-Niederau, music therapist
Price: € 14 per month
Registration: Family Center Pusteblume
(binding registration for a whole childcare year)

Mrs. Ulrike Disselkamp-Niederau offers children a selected music program.

Parent-Child Yoga
for parents with children from six years

Time: Wednesdays, 4:30-6:00 p.m.
(dates available at Helene-Weber-Haus)
Location: Childcare center Pusteblume
Instructor: Denise Kammen, Instructor Children Yoga (BVG)
Price: € 77.70
Registration: Helene-Weber-Haus
heleneweberhaus.de/kurs/eltern-kind-yoga/

This course includes the learning of letting go, connecting and strength. Yoga techniques are taught and practiced in a playful way. Parent-child yoga helps the child experience self-efficacy in interaction, developing a healthy sense of self-worth. In parent-child yoga there is no correction. It offers a good opportunity to experience oneself physically and to feel joy in the mindful movement of one’s own body.
Parents' Café

Time: every Friday, from 8:00 a.m.
Location: Childcare center Pusteblume
Company: Jennifer Striegel, Head of the Family Center

The parents’ café is a social gathering where people can talk to each other and to which we invite all parents!

Yoga "Relaxed today"

Time: Saturday, March 18, 2023, 9:00 a.m.–4:00 p.m.
Location: Childcare center Pusteblume
Instructor: Udo tér Horst, Yoga teacher BDY

This course is for newcomers and practiced and is aimed at all who want to relax. Under the direction of Udo tér Horst content and practical experience in yoga will be provided. Please bring a blanket or yoga mat, comfortable clothing and socks with you.
**Parent-child offer: Felting for Easter**  
**for children from 4 years with parents**

**Time:** Monday, March 27, 2023, 2:00–4:30 p.m.  
**Location:** Childcare center Pusteblume  
**Instructor:** Christina Duben, artist, art educator, pedagogue art therapist, active in cultural education for children and youth  
**Material:** Please bring a towel!  

Colorful sheep's wool, soap, water and your own hands - with them you can felt wonderful, fine and cuddly soft Easter bunnies, colorful Easter eggs and nests.

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**Action Painting**  
**for children up to three years old (with parents)**

**Time:** Wednesday, March 29, 2023, 2:30–3:30 p.m.  
**Location:** Childcare center Pusteblume, multipurpose room of Schmetterlingsgruppe (Mattschö-Moll-Weg 4)  
**Instructors:** Michelle Thiele and Linda Löb, teachers of the center

Children love playing with colors. Action painting takes place outdoors and is a special painting technique that involves splashing, blotting or slinging paint onto painting surfaces. The materials needed will be available.
Open music and dance afternoon
for children and parents

Time: Thursdays, from April 2023, 2:30–4:00 p.m.
Location: Childcare center Pusteblume
Instructor: Ursula Reichert, teacher of the childcare center

Singing, dancing and moving are at the center of this offer. You are invited to join!

Spring workshop
for children and parents

Time: Monday, April 17, 2023, 2:00–4:00 p.m.
Location: Childcare center Pusteblume
Instructor: Nadine Offermann, teacher of the childcare center

Looking for Spring: Together we make seed bombs, crees baskets and flower beds.
Parent child playgroups
in cooperation the family service of RWTH Aachen

Time: Wednesdays, April 19 until Juni 21, 2023,
eight dates for two groups each:
9:30–11:00 a.m./11:15 a.m.–12:45 p.m.
(the appointments on Mai 10 and 17 do not take place)
Location: Childcare center Königshügel, Melatener Straße 30
Price: € 10
Who: Students and employee of RWTH with their children at
the age of three months until three years old
(maximum ten children per group)
Registration: familienservice@rwth-aachen.de
or +49 241 80 93579

Under the guidance of an experienced instructor, parents and children
have the opportunity to meet in a friendly atmosphere to sing, play and
do gymnastics and to socialize with other parents from the university.

Forest excursion

Time: Friday, April 21, 2023, 3:00–5:00 p.m.
Location: Gut Entenpfuhl, Aachen
Instructor: Roswitha Hubbertz, accompanied by teachers
Who: Children from four years old (with parents)

We go together on a discovery tour in the forest.
You will receive more information at the registration.
Father-Cild-Day

Time: Saturday, April 22, 2023, 10:00 a.m.–2:00 p.m.
Location: Childcare center Pusteblume, upper outdoor area
Instructors: Teachers of the childcare center

Puttering, polishing and painting together - We design our little garden and play house!

Parents' Breakfast
with the family counseling of Caritas

Time: Friday, April 28, 2023, 8:30–10:30 a.m.
Location: Childcare center Pusteblume
Instructor: Ilona Puschmann

Every parent is welcome!

Soccer Camp

Time: Mondays, as from Mai 8 until June 12, 2023
five appointments, 2:30–3:45 p.m.
(no appointment on Whit Monday)
Location: Soccer field at Spielburg center, Schillerstraße 85, Aachen
Instructors: Teachers of the childcare center
Who: Children from fours years old (with parents)

You will receive more information at the registration.
Fleat market for children's clothes and toys
Time: Saturday, May 13, 2023, noon–4:00 p.m.
Location: Kita Pusteblume, parking lot Mattschö-Moll-Weg
Registration: www.pusteblume-flohmarkt.de

The popular flea market of the childcare center Pusteblume takes place twice a year and offers families to buy or sale children's clothes, toys and equipment.

Herb basics
Time: Tuesday, June 6, 2023, 2:00–3:30 p.m.
Location: Childcare center Pusteblume
Instructors: Ben Laqua and Baya Tchikou, teachers of the center

Under the motto "see, fell, smell and taste", herbs are discovered with all senses. At the end of the day, all the participants make their own spice mixture.

Action Painting
Time: Tuesday, June 13, 2023, 2:30–4:00 p.m.
Location: Childcare center Pusteblume, outdoor
Instructors: Teachers of the childcare center
Who: Children and parents

Children love playing with colors. Action painting takes place outside and is a special painting technique that involves splashing, blotting or slinging paint onto painting surfaces. The materials needed will be available.
**Creativity week**

Time: June 19 until 23, 2023
   9:30–10:30 a.m./10:30–11:45 a.m./12:30–2:00 p.m.
Location: Childcare center Pusteblume, multipurpose room
Instructor: Christina Duben, artist, art educator, pedagogic art therapist, active in cultural education for children and youth
Who: Children and parents

For a whole week, an art studio is set up in the multipurpose room of the childcare center. The children can realize their own ideas or experiment with colors, clay, plaster, wire and many other materials with the help of Christina Duben. On Friday, June 23, we will open the art studio for parents and children to be creative together.

**Open handicraft afternoon**

Time: Tuesday, July 4, 2023, 2:00–3:30 p.m.
Location: Childcare center Pusteblume
Instructors: Tanja Pongratz, teacher of the childcare center
Who: Children and parents
Material: The handicraft material is provided!

Let the creativity run wild and lets create things freely - the open handicraft afternoon offers room to children for imaginative handicraft work!
**Parents' breakfast**

**Time:** Friday, July 7, 2023, 8:30–10:30 a.m.
**Location:** Childcare center Pusteblume
**Instructors:** Teachers of the childcare center

All parents are welcome!

**Parents' get-together breakfast**

**Time:** Friday, August 18, 2023, 9:00–10:30 a.m.
**Location:** Childcare center Pusteblume
**Instructors:** Teachers of the childcare center

We start the new care year with new families and invite to a friendly get-together.
Save the dates for September 2023:

**Harvest Festival**

Time: Saturday, September 23, 2023, 10:00 a.m.–1:00 p.m.
Location: Childcare center Pusteblume

On this Saturday, everyone is invited to pick and process all ripe fruits of the childcare center Pusteblume. We are looking forward to a nice morning!

Additional themed evenings/afternoons for parents can be included upon request.

Possible topics:
- **Helicopter parents also just drive cars** – fun tips for the best possible support of our children
- **Doing it yourself makes you smart** – this is how we promote the independence of our children
- **Children need structures**
- **Getting children and parents ready for school**
- **Defiance phase**
Find the current opening hours as well as the childcare hours on www.studierendenwerk-aachen.de