Family Center
Pusteblume

Course program
August 2022 until March 2023
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. 0241 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 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. Maybe you're stuck in exam stress or your chosen field of study is turning out to be different than expected? Or you are a single parent and need support? Many factors can have a negative impact on family life - with our offers we would like to provide you with assistance and advice.

Counseling in educational issues

Carmen Reiß-Frings, systemic Counselor, and Sandra Pawlas, temporary Head of the family center, will be happy to help you.

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 Ukrainian families

Time: daily, as of August 15, 2022
Location: Multipurpose room, childcare center Pusteblume
German course: 1 x a week, accompanied by volunteers of the municipal integration 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, educators and all who are interested

You will receive more information at the registration.
Game library

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

Early musical education
for four year old children

Time: always on Wednesdays, 2:00–2:45 p.m. and 2:45–3:30 p.m.
Location: Childcare center Pusteblume
Speaker: Ulrike Disselkamp-Niederau, music therapist
Price: € 14 per month
Registration: Family Center Pusteblume,
Registration deadline: August 17, 2022
(binding registration for a whole childcare year)

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

Time: every Thursday from August 11, 2022 (five dates), 3:30–5:00 p.m.

Meeting place: Football field at the Spielburg childcare center, Schillerstraße 85, Aachen

Speakers: Ben Laqua and Miriam Schulzen, educators of the childcare center

Who: Children from four years accompanied by an adult

You will receive more information at the registration.

---

**Prague Parent-Child Program (PEKiP)**

*for children in the first year of life*

Time: always on Tuesdays as of August 16, 2022, (seven dates), 3:00–4:30 p.m.

Location: Childcare center Pusteblume, multipurpose room

Speaker: Sigrid Siebertz

Price: € 70 (free of charge with Elternstart NRW voucher)

Registration: Helene-Weber-Haus, 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.
Parent-Child Yoga
for parents with children from six years

Time: always Wednesdays from August 17–September 28, 2022 (seven dates), 4:30-6:00 p.m.
Location: Childcare center Pusteblume
Speaker: 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 children's yoga there is no correction and 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 August 19, 2022 each from 8:30 a.m.
Location: Childcare center Pusteblume
Escort: Sandra Pawlas, temporary 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 of the childcare Pusteblume.
Action Painting

Time: Wednesday, September 7, 2022, 2:30–4:00 p.m.
Location: Childcare center Pusteblume, outdoor area (only with good weather)
Speakers: Linda Löb with colleagues, educators of the childcare center Kinder und Eltern

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.

Forest excursion

Time: Friday, September 16, 2022, 3:00–5:00 p.m.
Meeting point: Gut Entenpfuhl, Aachen
Speaker: Roswitha Hubbertz, accompanied by educators
Who: Children from four years and parents

We go together on a discovery tour in the forest. You will receive more information at the registration.
Cooking and baking afternoons
Time: every Tuesday from October 4–November 29, 2022 (eight dates), 2:00–3:30 p.m.
Meeting place: Childcare center Pusteblume
Speaker: Michelle Thiele, educator of the childcare center

You will receive more information at the registration.

Parent-child gymnastics
for children under three years with parents
Time: every Monday from October 10–November 14, 2022 (five dates), 3:00–4:00 p.m.
Location: Multipurpose room, childcare center Pusteblume
Speaker: Jennifer Striegel, educator of the childcare center

We offer an initial introduction to "movement building sites" with a variety of basic child-directed activities. The goal is to awake the fun of movement in each child and to promote his or her motor skills.
Apple Harvest Festival

Time: Saturday, October 15, 2022, 10:00 a.m.–1:00 p.m.
Location: Childcare center Pusteblume

This Saturday everyone meets at the childcare center to process the ripe apples that grow on the property.

Open games afternoon of the game library
for children from four years with parents

Time: Wednesday, November 16, 2022, 2:30–4:00 p.m.
Location: Childcare center Pusteblume
Speaker: Nadine Offermann

New and familiar board games will be introduced and available for parents and children to play.
Participation day in Advent for parents
Advent wreaths make your own

Time: Thursday, November 24, 2022,
2 dates: 9:00–11:00 a.m. and 2:00–4:00 p.m.
Location: Childcare center Pusteblume
Escort: Anne Stickelmann and Stephanie Mandrys,
educators of the childcare center
Material: Please bring your own candles and blanks,
decoration material is provided by the childcare center

Advent wreaths very easy to make and design yourself –.
The educators will show you how it's done.
**Parent-child offer: Felting in Advent**
for children from 4 years with parents

Time: Monday, November 28, 2022, 2:00–4:30 p.m.
Location: Childcare center Pusteblume
Speaker: 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 Santa boots and Christmas tree decorations.

**New Year’s Breakfast**

Time: Friday, January 6, 2023, 8:30–10:30 a.m.
Location: Childcare center Pusteblume
Registration: Pusteblume Family Center,
Registration deadline: January 4, 2023

We start the New Year with a joint parents' breakfast. We look forward to seeing you!

**Family sewing: Funny costumes**

Time: Monday, February 6, 2023, 2:30–4:30 p.m.
Location: Childcare center Pusteblume
Speaker: Steffi Hellemann
Who: Children from four years and parents

Under the guidance of Steffi Hellemann we accompany parents and their children in their first sewing experiences.
Yoga "Relaxed today"

Time: Saturday, March 18, 2023, 9:00 a.m.–4:00 p.m.
Location: Childcare center Pusteblume
Speaker: Udo tér Horst (Yoga teacher BDY)
Price: € 20

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.

Action Painting

Time: Wednesday, March 29, 2023, 2:30–4:00 p.m.
Location: Childcare center Pusteblume, outdoor area (only with good weather)
Speakers: Linda Löb with colleagues, educators 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.
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**